

# Personal Training @ GBF

Our simple approach to Personal Training (PT) makes it easy for you to get started and start getting the results you want!

Everyone has their own reason for using PT, be it weight loss, enhancing one's general health & fitness or to train for a specific sporting or personal event.

Working with a PT, especially for those of us who are new to exercise, makes the process of getting fit easier, safer and a lot more fun.

Whatever your goals the Gymea Bay Fitness Personal Training team are ready to help you reach them!



## Why use a Personal Trainer?

### Motivation

More people decide to invest in PT for motivation over every other reason. It is about staying motivated and on track to feeling and being healthier. PT's provide unparalleled motivation. They help you move past self-imposed limitations, stimulate a feeling of accomplishment in you, and help you achieve goals that you never thought possible.

### Results

Studies have clearly shown that people who work with a PT will achieve up to 80% better results three times faster than on their own. PT is just that – personal! Every session is unique to your body type, needs, goals and the time frame in which you wish to achieve your results. There time efficiency!

### Safety

PT ensure that you exercise safely to prevent injury. Based on your individual health, they will fashion your workouts to help prevent or even alleviate health problems. Why do you take your vehicle to a mechanic? Because you trust them as a professional trained to do the job right. Think of your body like your vehicle and your PT like your mechanic. You are worth the investment!

### Accountability

A PT makes it easier for you to exercise consistently and helps you stay committed to your program. When you have a scheduled appointment and a smiling face waiting for you, you are a lot less likely to skip that workout.

### Affordability

Personal Training is a professional service and you will sit down with your PT before starting and develop a plan that is financial viable for you!

**Personal Training is available at Gymea Bay Fitness for both members and non-members**

**Contact Gymea Bay Fitness today to organise your free discovery session with a PT = 9525 2525**