

absolute fitness

MANLY



9938 6530

Unit 3/410 Pittwater Road North Manly

www.absolutefitnessmanly.com.au

be active

get fit

feel great

Absolute Fitness Manly is offering a new and exciting concept with a fresh, holistic approach to fitness. We are a private, fully equipped training studio in North Manly.

All our trainers are highly qualified and experienced so when they train you, you will be assured of amazing results. Our clients are from all age groups and come from all walks of life.

If you are looking for a gym that is private, intimate, exclusive, personalised and fun then we are for you. We pride ourselves on the individualised attention we give our clients making sure their experience with us is a happy and positive one.

Absolute Fitness Manly is committed to helping you achieve YOUR goals.

Our studio is air conditioned and fully equipped with brand new treadmills, rowing machines, elliptical trainer, recumbent bikes and spin bikes. We also have a designated boxing area and a large amount of free weights and ab benches together with a Smith Machine and Cables Machine. We also have a large open floor space for floor and mat exercises.

complimentary group training session

We invite you to attend one of our small group training sessions with our compliments. Places are limited so please call us on 9938 6530 to book your place.

Limit of one coupon per person. Please present this coupon before attending your group training session. Conditions may apply.

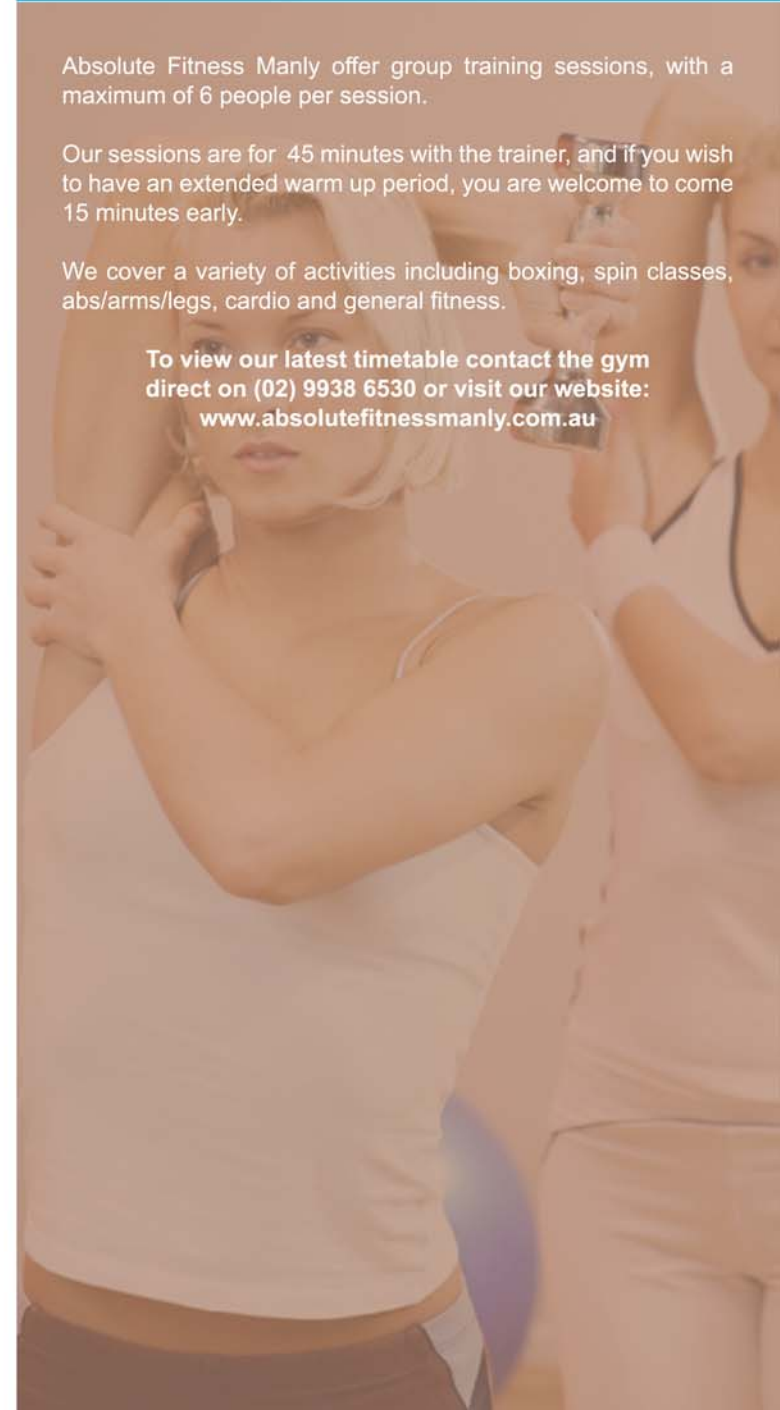
small group training sessions

Absolute Fitness Manly offer group training sessions, with a maximum of 6 people per session.

Our sessions are for 45 minutes with the trainer, and if you wish to have an extended warm up period, you are welcome to come 15 minutes early.

We cover a variety of activities including boxing, spin classes, abs/arms/legs, cardio and general fitness.

To view our latest timetable contact the gym direct on (02) 9938 6530 or visit our website: www.absolutefitnessmanly.com.au



one-on-one personal training programs

getting started

is it time for a lifestyle change?

This program is perfect for the first time exercisers or people who may have 'let themselves go' and want to start living a healthier lifestyle.

Our experienced, qualified trainers will develop a personal training and eating program that is specific to your fitness level and the goals you want to achieve. Perhaps you want to lose weight, tone up or simply start maintaining a healthier lifestyle. The choice is yours!

We make a promise to you that the staff at Absolute Fitness Manly will be empathetic to your personal challenges and fitness experience.

"My trainer was so sympathetic to my fears (and loathing) of exercise. He gradually increased the intensity of my workouts without me even noticing it. Now I look back at what I was and who I am now and I am so proud". - Jan

gen fit

be inspired by your personal success

Our Gen Fit Program (General Fitness) is designed for those people who have reached a desired level of fitness and who wish to maintain or slowly improve on that level. With the help and guidance of our personal trainers, in a fun, friendly and encouraging environment, we will make sure that your goals are met.

"I have always considered myself to be a relatively fit person but I often got bored on my own and let things slip. When I signed up I explained this to my trainer so she kept mixing things up and I haven't looked back. I am now fitter and more motivated than I could ever hope to be." - David

be inspired

ultra fit

become the person you never thought physically possible

This high impact physically intense program is for people who want to be pushed beyond what they believe they are physically capable of achieving. It is perfect for the high end, goal orientated fitness "freaks" and professional athletes wanting to improve their game and go above and beyond what they thought was humanly possible.

"With the guidance and assistance of my personal trainer I went way beyond physical challenges I thought were out of my reach. Sometimes I hurt so much I thought I couldn't go on but with much coaxing from my trainer I realised just how powerful I really am." - Louise

push yourself beyond belief

ultra fit

weight loss

change the way you think about exercise, change the way you think about food

This program is fast paced so you reach your weight loss goals quickly but safely. Your trainer will create a personalised program that will ensure you remain motivated and you will receive the support you need to achieve your target. Your trainer will also educate you on ways you can maintain a healthy, balanced lifestyle now and in the future.

"Not only did I lose the weight I had been carrying since having three children, but I learnt how to keep the weight off through continued exercise and a sensible eating plan. I am determined to never be the 'big girl' again." - Rosemary

change

strength & conditioning

Our strength and conditioning program has a high emphasis on bulking up and building on muscle mass. With a personalised exercise program coupled with dietary assistance men and women can use this program to tone up and improve their body shape. This program is perfect for people who may have lost a large amount of weight and need to acquire body tone, or people wanting to improve general or sport specific strengths.

when size does matter

"I wanted to bulk up so that I could play rugby league, and not be smashed around as much. My trainer developed a great program, in conjunction with an eating plan, and over about a four month period I gained 10 kgs, and became much stronger. I gained muscle mass and definition, and now I am really enjoying my footy." - Cam

rehabilitation

rebuild and regain your health, your fitness, your life

Working in conjunction with your medical professional (i. e. Doctor, Chiropractor, Physiotherapist, etc) your fully qualified and certified personal trainer will assist you to overcome injury and or health complications so you can get your life back on track through progressive exercise.

rebuild

"After my knee surgery I never thought I would be able to actively participate in a regular fitness program. My personal trainer has worked with me closely, supervising all my exercise, and keeping regular contact with my physiotherapist. This has been very reassuring and gradually I have built my strength so that I am now leading a normal active life." - Nick