

CHICK FIT ECHUCA

# PERSONAL TRAINING



## What do you need to support you in reaching your fitness and wellness goals?

I provide personal training to all people - anyone who is looking to add a consistent and personalised fitness routine into their life. I am always inclusive, and have worked with people from all backgrounds. I listen, motivate and genuinely care about the time we spend together and your goals. I like to understand your lifestyle, personality and needs - so that we can find the right fitness formula that will get the results you're looking for.

I currently also work with some people with disability, and have experience creating inclusive and accessible fitness plans. My services can also be included in a NDIS plan.

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# PERSONAL TRAINING

## 10 SESSION PASS

**\$400**

Pay for 10 x 30 min sessions,  
and redeem over 12 month  
period.

## CASUAL

**\$50**

Pay per session

## 5 SESSION PASS

**\$225**

Pay for 5 x 30 minsessions,  
and redeem over 12 month  
period.

**Please contact me for more information and prices for longer sessions.**

## CONTACT EMMA

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