

Geoff Spotswood

FITNESS for LIFE **coaching sessions**

have fun getting fit



Geoff's coaching sessions focus on improving each individuals health and fitness with a common sense approach, in a supportive and fun environment.

Geoff is one of Australia's leading educators and coaches.

Venue: Hassell Park, St. Ives

Current Dates: Contact geoff or check our website

Time: 5.45 – 6.45am

Cost: \$250 for eight x 60 minute sessions

Group Discounts: Group of 2 - \$240, Group of 3 - \$230 & Group of 4 or more - \$220 (suitable for corporate groups)

FEATURES:

- 60 minute sessions catering for all levels
- Positive, sociable & friendly environment
- Focus on improving aerobic fitness, core strength & well being
- Feel great & develop your confidence & self esteem
- Burn up unwanted fat through sensible & effective exercise
- Get ready for summer
- Shower facilities available

Contact: Geoff Spotswood m. 0401382409 p. 9489 8187

Email: geoff@cricketcoachingclinics.com.au

www.cricketcoachingclinics.com.au

FITNESS for LIFE

To make a booking:

POST or EMAIL APPLICATION FORM with deposit (or pay online)

STARTING DATE:

Surname

First name

Phone (h) (m)

Email

Male Female Age

Do you have any health issues?

What are your desired goals or outcomes from the program?

How did you find out about the Coaching sessions?

Preferred coaching correspondence method: email or phone

Payment method: \$100 deposit or full payment

Cheque *made out to "Cricket Coaching Clinics"*

EFT payment details: Westpac "Cricket Coaching Clinics" BSB 032164
Account Number 110800 (*Email receipts*)

Paypal (*see website*)

POST: Coaching Clinics, 146 Burns Road, Turrumurra NSW 2074

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