



adults personal training

overview

Everyone is different and we totally get that. But we all have one thing in common – we want to look good and feel great.

Having a trainer who understands what you want to achieve and how you like to exercise can be a hard thing to come by. We take the time to get to know you and we focus every session accordingly.

Cardio, strength, toning, conditioning, flexibility, balance – whatever your goal, Busy Beats will design a program that is perfect for your lifestyle.

benefits

- Focused attention on individual needs
- Develop strength & endurance
- Enhance coordination & flexibility
- Improve concentration & confidence
- Reduce stress & health risks

inclusions

- Qualified, registered & experienced trainer
- 45 minute sessions
- Optional fitness assessments
- Fully mobile service – all equipment provided
- Multiple locations around Brisbane

styles

- Yoga
- Skipping
- Cardio training
- Strength
- Conditioning

pricing

Private session - \$55

Group session (2 to 4 people) - \$30 per person

Payment can be made in cash, or Electronic Funds Transfer (EFT) or online via the Busy Beats website. All payments must be made in full, prior to the commencement of the session. Prices are GST inclusive.

EFT payments can be made to:

ANZ BANK

Name: Busy Beats Fitness and Dance

Bsb: 014 690

Account: 4012 64883

(Please write your name in the description)