

Re-Creation Trackside Personal Trainers

Working with a Trainer is one of the fastest, easiest, and most successful ways to improve your health and fitness. Today Personal Trainers are used by people of all fitness, age and economic levels to help them make lifestyle changes that they find difficult to achieve by themselves. If you would like the extra motivation of using a Trainer simply call one of the Trainers listed below for a free, no obligation consultation.

<p>★ PETER EDGECOMBE #</p> <p>With over 25 years in health & fitness, Peter is a vastly experienced Personal Trainer and Certified Kettlebell Instructor, who knows what it takes for you to achieve the results you want. If you are serious about your health and wellbeing, or just not sure what you should be doing to achieve your health goals then contact Peter today for a free consultation and get on track to a healthier, happier you.</p> <p>0404 611 201</p>	<p>VIVIENNE HALL</p> <p>Viv is a tried and true, health and fitness guru, who has been in the fitness industry for more then 20 years. If you are in need of inspiration and motivation to achieve your goals then Viv is your lady. With unique knowledge that Viv has accumulated over years in a developing fitness industry, you are guaranteed a great variety during your session as well as great nutritional guidance.</p> <p>0421 976 026</p>
<p>★ YVONNE MOOYMAN</p> <p>"As a mother and woman in my 40's I know how hard it is to find motivation to exercise & eat the right foods. The waist line is telling you something needs to be done. I am a motivating and understanding woman who can help you reach your goals. As a swimming instructor and marathon swimmer, I hold a certificate 1V in fitness and have swum the Cook Strait of New Zealand and the English Channel. I am highly motivated and always reach my personal goals. I can also help you understand your nutritional requirements.</p> <p>0402 445 210</p>	<p>BEN NEWBY</p> <p>Having been a competitive footballer, rower, and national level high jumper, I know what it's like to keep pressing on when the negative talk starts setting in (we're our own worst enemy!). Thus, through understanding clients needs and tailoring a program to suit you, together we will achieve your goals and get you where you want to be.</p> <p>0413 052 150</p>
<p>JAMES PERONA</p> <p>With the busy stressful lifestyle we live these days, it is very hard to keep in shape. James believes that every person can achieve their body shape goal whilst living a hectic life. With 25 years experience in the fitness industry, James can help you achieve your goals in the most effective way, by using gymnasium facilities and equipment.</p> <p>0457 040 193</p>	<p>★ DOMENIC PRONESTI #</p> <p>I got into personal training several years ago due to a few back accidents in my former work. I slipped a few discs and lost the feeling from my neck down to my feet and had to re-learn how to walk again. During this period I had put on a lot of weight and really needed to get myself feeling good again. So I began studying fitness as a way of losing the weight and developing a new career. I have developed my own unique style in weight loss, group fitness, sport specific and strength training. Since then I have helped many people with a range of issues to reach and maintain their goals.</p> <p><i>*Level 1 sports and conditioning coach, *Sports nutrition/injury rehabilitation, *Cert iii & iv *Group fitness Instructor, *Life coaching, *Results guaranteed.</i></p> <p>0409 258 866</p>
<p>BRAD THOMPSON</p> <p>Brad loves motivating people to achieve their goals. By putting your potential to use, Brad will push you with a fantastically challenging workout. Time, boredom and lack of results will no longer be a problem because Brad will help you transform these factors from quantity to quality, boredom to fun progress and great results. You don't have to be an elite athlete, but everyone can beat their 'Personal Best'. Brad's theory is 'we're here for a long time as well as a good time'.</p> <p>0437 852 023</p>	<p>★ ANNA TURNER #</p> <p>Are you thinking about exercising but don't know where to start? Or do you have an existing exercise regime but are not achieving your goals? Then come to me and let me put you on the right track. I have been in the fitness industry over 20 years and have experience with people of all ages, shapes, sizes and fitness. I believe everyone can achieve their goal whether its weight loss, weight gain, muscle toning, body sculpting or aerobic fitness. But it does depend on a number of factors. Appropriate exercise prescription and nutrition (on my part) and commitment dedication and persistence (on your part). So if you are really serious about you health and fitness I am here to help you</p> <p>0418 345 956</p>
<p>'LEIGH-CREATION' WITNEY</p> <p>Ingredients: 10 years of health and fitness experience(100%), Inspiration, Motivation-Contagious(110%), Perseverance and understanding(100%), Teacher, Leader. [Contains traces of nuts]</p> <p>Directions: Leigh is prescribed for individuals experiencing severe symptoms of procrastination, lack of enthusiasm, or desire for fantastic improvement in health and positive attitude, and desire to work hard!!</p> <p>WARNING: Leigh is not for the light hearted. The most successful clients have brought a little motivation and desire for change. Do you believe it is possible to change yourself for the better? Here is a great opportunity to work with the unique and successful Leigh Witney.</p> <p>0407 512 708</p>	<p>GET RESULTS WITH PERSONAL TRAINING</p> <p>A personal trainer can be the key to unlocking your true potential.</p> <p>Pick up a 'special offer introductory rate' personal training flyer from reception.</p> <p>★ = participating trainers</p>

★ Trainers who are participating in the special introductory rate.

Trainers who are participating in the Free Personal Training offer