



## *Fitness Menu*

At iFit it is our job to provide you with a training option that best suits your lifestyle needs.

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### *Personal Training*

Train in our studio, outdoors or in your home.

One on One	\$70
Two on One	\$80
Three on One	\$90

Our programs are guaranteed to provide variety, results, realistic goals, expert advice and progress tracking.

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### *Group Training*

You can set up your own private group or join one of our group classes.

Private groups start at \$20 per person (minimum of 4 people)

Group Classes are run throughout the week and prices start at \$15 per person.

\*For more information please take a look at our group timetable and class descriptions. °any combination of the above training is available and discounts apply to all pre paid and packaged options.

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### *Casual Visits*

Our studio is open for casual visits.

Prices start from \$15 or you can purchase a 10 or 20 session pack that reduces the cost to \$10 per visit. We also provide training cards to assist with your own training methods.

For more details please visit our website on

[www.ifitbondi.com.au](http://www.ifitbondi.com.au)

or contact us on

1300 760 357