



**Let's Get Rid of Our Fat Together!**

**12 Week challenge program with Dundee KIm:**

**First consultation fee including Fitness test, health screen: \$75,**

**Professional dietitian booklet-health eat/meal plan for 12 weeks: \$50**

**Cost: \$240 a week**

**3 sessions a week-\$240, half hour Personal Training**

**Free-weekly unlimited use of facilities**

**Including measurement, photographs and weight-in**

**Mind frame-how to set yourself up to have an achieve your fitness goal frame of mind**

**Goal setting- learning how to smash your short, medium- and long-term goals both in the gym**

**Review of your current diet**

**Discussion/review of current weight training and cardio plan**

**Set a training and cardio plan to suit your body type and get you stage-ready**

**Ps: I can take only limit number of clients during busy hours however my team will assist me if I can not take clients in between 5:30am till 8am and 3pm till 7:30pm.**

**Dundee KIM**

**Head of Strength, Conditioning & Prof. Padwork Coach**

**0488 500 134**

**[dundee@brisbaneboxinggym.com.au](mailto:dundee@brisbaneboxinggym.com.au)**

**[www.brisbaneboxinggym.com.au](http://www.brisbaneboxinggym.com.au)**

