

FUN-DO FITNESS

IF IT'S NOT FUN, IT WON'T BE DONE



"Imagination is more important than knowledge" Einstein

**Are you a Personal Trainer/Gym Manager/Carer/
Health Professional/OR Interested in Fitness?**

**JOIN PERSONAL TRAINER/PRESENTER,
ANTHONY GOLDSMITH
IN THIS PRACTICAL LEARNING WORKSHOP**

Learn how to:

- ✓ Incorporate more fun and humor into each session with new, creative and challenging exercises
- ✓ Add variety by giving something extra, challenging, unique and special to each fitness routine
- ✓ Create training sessions to include all 3 planes of motion - Sagittal, Frontal & Transverse

**ONLY
\$199**


performants

www.performants.com.au

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