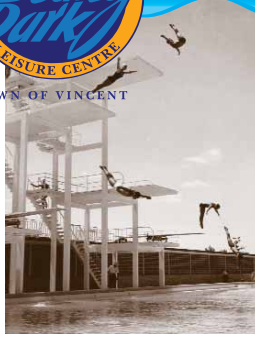
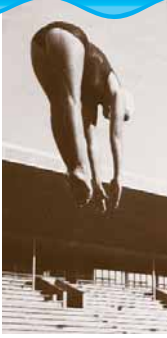
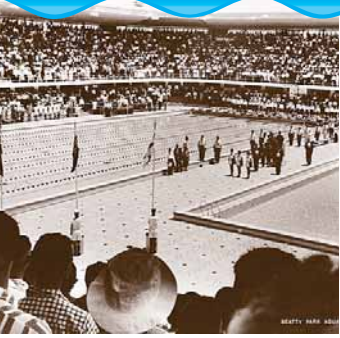


# BEATTY PARK NEWS



## Personal Training



Now is the time to get started on that Summer body. Beatty Park has Personal Trainers from a variety of sporting and health backgrounds and they are all dedicated to helping you achieve your fitness goals.

A Personal Trainer is a fitness professional qualified to design individualised exercise programmes. A qualified Trainer has experience with, and understands principles of, anatomy, physiology and exercise. With their expertise and motivational skills,

trainers can make the difference in a successful fitness programme.

### Why choose a Personal Trainer?

- You need motivation to exercise
- You would like to benefit from the knowledge and experience of a Personal Trainer
- You do not know how to begin a fitness programme
- You need assistance with rehabilitation
- You have specific training requirements i.e. Triathlon.

### What are the advantages of working with a Personal Trainer?

- Exercise at a time convenient for you
- Exercise safely and effectively as your Trainer provides personal feedback and positive reinforcement
- Receive individual attention and motivation
- Progress consistently because you have committed to a regular exercise schedule.

### Some of the programmes Personal Trainers can offer are:

- Individual fat loss programmes
- Strength and endurance training
- Fitness training
- Flexibility exercises
- Fitness assessments
- Programmes for mature adults.

So why not drop into our gym and view the profile sheets on our Personal Trainers and get started today!



## RPM™ Going Strong

No need to get wet riding your bike this Winter to stay fit. Beatty Park's patrons are raving about the benefits of the popular RPM™ indoor cycling classes. Now available nine times a week, these popular 45-minute classes are the ideal way to burn calories, increase leg strength and gain muscular endurance. Fully qualified instructors ensure you gain the maximum benefit from your workout.

Call 9273 6080 or check out [www.beattypark.com.au](http://www.beattypark.com.au) for more details.

## Beat the Price Rise!

As of 1 July, casual entry prices to the Town of Vincent's best known facility, Beatty Park Leisure Centre, will be increasing slightly (pensioner/senior prices decreasing!!).

Why not grab a multi-entry pass before 1 July to beat the price rise? A full list of prices is available at [www.beattypark.com.au](http://www.beattypark.com.au).

Buy One Personal Training Session  
GET ANOTHER SESSION FREE

(New Personal Training Clients Only)

VALID UNTIL 31 AUGUST 2009

FREE SWIM  
AT BEATTY PARK LEISURE CENTRE

Come and try our HEATED pools this Winter!

VALID UNTIL 31 AUGUST 2009