



Personal Training Client of the Month

MAY

Congratulations GREG FLAVELL

May's Personal Training Client of the Month award goes to **Greg Flavell** whom achieved outstanding results in the month of May.

Greg lost an astounding 6.1kg and almost 15cm in Body Fat in his very first month of training with our team. Greg's results are a true testament to his disciplined approach in which he trains and diets. Greg trains twice a week with Personal Training, does one Boxing class a week and manages to get 1-2 training sessions in a week, total of 4-5 training sessions per week. All this on top of a healthy diet has led Greg to achieving fantastic results with weight and fat loss.

Great work Greg your hard work and consistent application with your diet and training are paying off big time!!

You're a Champion!!

Yours sincerely

Denver Oliveux