



EDGE PT

CUTTING EDGE TRAINING STUDIO

Get The Plan! Get The Results!

Health & Fitness Experts Getting YOU Results!

www.theedge.com.au | t: 9659 0584 | Castle Hill Studio - Unit 105/ 7 Hoyle Ave, Castle Hill 2154



THE NEXT STEP!

Get the Plan! Get the Results!

You go to the gym, you train hard but you just don't get the results you want. EDGE PT will customise a specific training & nutrition program taking your body to the next level!

- 4 x ONE on ONE personal training sessions that will give you the tools to take your training to the next level.
- 1 x Complete nutrition & supplementation plan.
- Body Assessment (measurements) before and after photos to track your progress.

PACK SALE
\$349

START UP PACK!

Get Started! Get Results!

Training at home or at the gym?
Get started on the EDGE PT Starters Pack and start getting real results.

- 2 x ONE on ONE personal training sessions.
- 1 x Complete nutrition & supplementation plan.

PACK SALE
\$149



ONE ON ONE PERSONAL TRAINING

25 YRS INDUSTRY EXPERIENCE TAKING YOU A CUT ABOVE THE REST.

EDGE PT ONE on ONE personal training at its BEST!
The perfect training solution for individuals that want our expert trainers to focus on them.

We include personalised fitness assessments, training, nutritional and supplement programs all in one.

Wedding Packages also available... (both couples) or for that special occasion.

Groups with Goals Group Training

NOT JUST YOUR AVERAGE GROUP TRAINING SESSION! WE USE A COMBINATION OF WEIGHTS, CARDIO & OTHER PROVEN FAT BURNING TECHNIQUES THAT WILL GET YOU RESULTS FAST!

Exercising in a group is a great way to stay motivated, meet people and have fun.

Grab a group of friends, work colleagues or family and come join our upcoming group sessions NOW!

CONTACT EDGE PT NOW TO GET STARTED | info@theedge.com.au | t: 9659 0584