

# Glowing Results Group Fitness: Term 1

8 weeks: Starts 2nd Feb to 28th Mar 2015

## MORNING SESSIONS

Weekdays 6.00am - 7.00am

Saturday 7.00am - 8.00am

Held at Laurimar Primary School Gym

## MID-MORNING SESSIONS

Mon, Wed, Fri mornings 9.30am - 10.30am

Held at Laurimar Community Centre and Laurimar Hilltop Park - children welcome

## MAX 6 SESSIONS

Group weight-training. Maximum 6 people.

Days and times on request.

## NIGHT SESSIONS

Mon, Wed nights 6.30 - 7.30pm

Mon, Wed, Fri nights 7.30 - 8.30pm

Held at Laurimar Primary School

## BOXING SESSIONS

Tuesday night 7.30 - 8.30pm

Thursday night 6.30 - 7.30pm

Saturday morning 8.00 - 9.00am

Caters for all fitness levels

Held at Laurimar Primary School

Choose from 1, 2 or 3 classes per week

Celebrating our 8th year. Join anytime!

21  
classes per  
week

Classes  
from  
\$11

## HEALTH & WELLBEING CHECKLIST

*In 8 weeks YOU can;*

- Lose weight
- Get active & feel stronger
- Recover from injury
- Find a 'health coach'
- Create a healthy eating plan
- Gain self-confidence

*For a personalised plan  
call 0405 379 548*

Also available:

- > Kids Bootcamp
- > Personal Training
- > Massage Therapy
- > Nutritional Coaching

Linda Mancino

T 03 9717 4608 > M 0405 379 548

W [www.glowingresults.com.au](http://www.glowingresults.com.au)

F [www.facebook.com/glowingresults](http://www.facebook.com/glowingresults)





# GETTING RESULTS

## LAUREN'S RESULTS

**Member since:** Mar 2013 **Classes:** 3+ per week

### Achievements:

I've built up my fitness and I'm amazed at the confidence level that comes from knowing how hard you can push yourself. When I started I couldn't run 1km. Now I complete Fun Runs and can finish the 1km time trial in under 4 mins.

### Favourite bits:

The buzz at the end of a hard session, it's an awesome sense of achievement, plus the laughs along the way! I've made some great friendships with people I wouldn't have otherwise met.

### Tips for new bootcampers:

Getting yourself there is the hardest part. You will surprise yourself with what you can achieve once you set your mind to it.

### Glowing Results

Winner of 3 Australian Fitness Industry Awards



VICTORIAN 2010  
PERSONAL TRAINING  
BUSINESS OF THE YEAR



2011 VICTORIAN  
PERSONAL TRAINING  
BUSINESS OF THE YEAR

finalist

## FLAVIA & PETE'S RESULTS

**Member since:** Apr 2012 **Classes:** 2 per week

### Achievements:

I'm fitter, I'm stronger and I've started running, which is something I never thought I'd be able to do.

### Favourite bits:

No two classes are ever the same, you'll never get bored. I love that everyone you meet is so encouraging.

### Tips for new bootcampers:

Just come along, you'll meet some great people and really enjoy it!

**Member since:** Jan 2011 **Classes:** 3 per week

### Achievements:

My fitness has greatly improved and for the first time, I've started running.

### Favourite bits:

Every class is a great workout. I've met so many new friends, Glowing Results is a wonderful community.

### Tips for new bootcampers:

Starting is the hardest part. But just hang-in there because you will start achieving your goals.

