

HER ACTIVE

An important event or milestone coming up?

Her Active is for the busy and active woman, who can commit to one training session per week and only a few other face-to-face appointments. Her Master Plan makes it easy to undertake an achievable program and we'll be by your side every step of the way, providing full support via phone, email and social media platforms.

- » Health and fitness consultation
- » 6 weeks 1:1 personal training (one 45 minute session per week)
- » Specific take home exercise program to meet your goals
- » 6 week nutrition guide packed with quick and easy recipes
- » Make-up trial session
- » Spa manicure
- » Spa pedicure
- » Make-up application on the date of the event
- » Touch up make-up bag

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www.hermasterplan.com.au

Cost: 6 weekly payments of \$160 or a one-off payment of \$960
(Package Value \$1180)