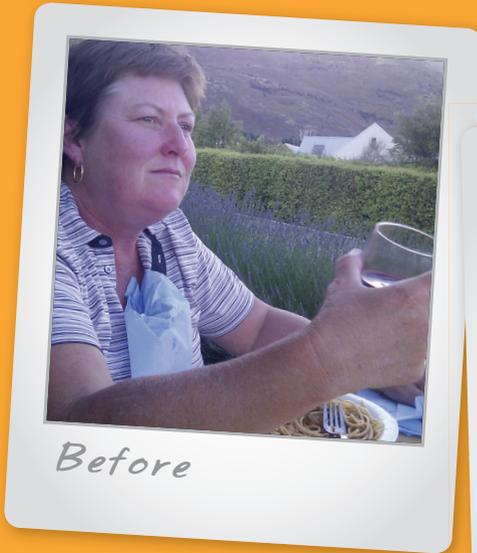


Inside
me...

...was a
fit, healthy me
trying to get out



“ With Contours I lost 21.8kgs! I am now happy, healthy and in love with my new muscles. I’m NEVER going back to the old me! ”
- Susan Holland

A FIT & HEALTHY YOU
STARTS HERE...

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Starts Here...

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Contours
Fitness for women on the go.

It's all about YOU!

I am...

- An occasional exerciser A regular exerciser A new exerciser

I'm going to achieve _____

I'll make improvements to _____

I'd like to do this by _____

This is important to me because _____

To keep on track with my goals I may need to consider planning around...

- Work Motivation Family Budget Injury
 Little Time Other _____

A Bit about US...

Contours is **designed for women, by women**. Our friendly, qualified and **dedicated support team** are here to keep you on track towards your goals. Our **step by step induction** will get you started with a **personalised intensity**. Work out with women like you and keep motivated with our great **Group Training sessions**. See your progress and remain focused with **BioAge health assessments** and individual **results sessions**. Congratulations on taking the first steps to a new you!

Succession Steps

Included in your membership:

- ✓ 3 initial workouts with your fitness trainer
 - ◆ Familiarisation
 - ◆ Education
 - ◆ Personalisation
- ✓ 1st BioAge Health Assessment
- ✓ Nutrition Support
- ✓ Unlimited access during open hours
- ✓ Group Training Sessions
- ✓ Ongoing Results Sessions