



# inspire

fitness for wellbeing

## Energy To Burn!

Have you ever wondered if you are **getting the most** out of every gym session?

Are you training the right way to maximise “energy burning”?

Are you doing all you can to get closer to your weight loss goal every time you exercise?

Inspire Fitness would like to invite you to our next members’ seminar, to teach you how to **get the most out of your exercise program to accelerate weight loss!** Our “Energy To Burn” seminar will provide the knowledge and tools you need to make your training session **work for you!**

**Date:** Wednesday 14th May, 2014

**Time:** 7.45pm

**Address:** Inspire Fitness for Wellbeing  
317 Doncaster Rd, Balwyn North 3104

**RSVP:** **Bookings essential** as places are limited.  
Call 9857 3007 to secure your place!

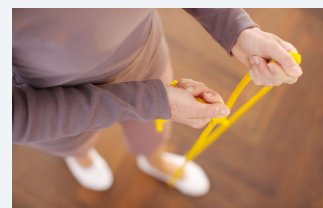
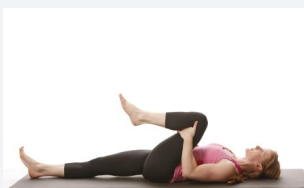


In this one-hour seminar, delivered by Inspire Fitness Personal Trainer *Adam Sheedy*, we will teach you about:

- The **different types of exercise** and how they burn energy
- How to **structure your individual sessions** and weekly routines
- Different techniques to **vary your routine**
- **Making the best choices** for time-restricted workouts

We will discuss the purpose of setting goals each time you come to the gym, to help you achieve your weight loss goals by exercising efficiently and “burning more energy”.

So if you are looking to increase your weight loss, improve the efficiency of your training, and make every workout count, **this is the seminar for you!**



*Non-members are welcome. Bookings essential! Call 9857 3007.*

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(03) 9857 3007  
www.Inspire-Fitness.com.au