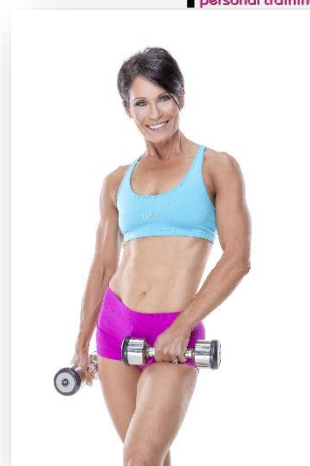


Are You Hungry To Give Your Sporting Team A Competitive Edge?

Are You Looking For The 'Thing' That Is Going To Help Your Team Dominate During The Back End Of The Game In 2018?

Are You Tired Of Losing Because Your Team Runs Out Of Stamina Just When It's Needed The Most?

Metafit May Be What You Need.



What is Metafit?

- High intensity interval training guaranteed to provide maximum fitness benefits in minimum time
- 30 min class using body weight exercises only
- Adaptable to all fitness levels from beginners to elite athletes
- Increases metabolism, muscle mass and fitness while decreasing fat

Metafit is THE weapon your team needs in their training arsenal.

It's tough and that's why it works!

My name is Danielle Appi and I own Bodyworks Personal Training. I have been a training individuals and groups on the Gold Coast for over 9 years and have been teaching **Metafit** for over 2 years.

The results for regular **Metafit** participants are undisputable. Incorporating a weekly **Metafit** session into your Clubs' or Sport Excellence training schedule will help elevate your players to the next level in terms of fitness and endurance, improving your competitive edge.

Take a look at this quick You-tube video to see what you can expect.

<https://www.youtube.com/watch?v=dh08MUH9bfk&list=RDdh08MUH9bfk#t=70>

If you would like me to run a trial session for your Club or School Sport Excellence teams, please give me a call to arrange the best time to meet.

Here's to a winning 2018 for your team.

Yours sincerely,

Danielle Appi
Bodyworks Personal Training
Mob: 0414799957
www.bodyworkspt.com.au