

Who Else Over 30 Years Old Would Like 5 Hours of FREE FITNESS

- Develop Fitness & Strength
- Meet New People
- Improve Your Posture
- Reduce Back Pain
- Improve Well-Being
- Increase Flexibility

My husband and I have been training with Michael for several years now and always find his workouts challenging and rewarding. Michael varies every class and encourages you to work your hardest. Jo-Anne Smith

We have had the pleasure of Michael Winter being our personal trainer now for ten months & over that time our fitness level & posture has improved remarkably plus we now also enjoy a healthy lifestyle. Each week Michael provides a varied & tough training programme but at the same time includes fun into it. Michael is a true professional with a passion for fitness training & we have no hesitation at all in recommending Michael as a personal trainer. Ross Vinen & Christine Thorne

Michael Winter (Alive Personal Training) has been my trainer from the beginning of this year. I have had a few problems with my body and as such have at times been restricted to limited flexibility. Michael has been sensitive to this and customised an exercise program to suit my individual needs. On a weekly basis my ability to handle certain exercises changes and Michael has been able to accommodate this into the plan. Having one-on-one training for me has been very beneficial and has given me confidence in regard to what I now know my body can handle. I would highly recommend Michael to anyone looking to improve their physical wellbeing and fitness levels within a personalised, friendly and enjoyable environment. Sue Grundy



COMMENCING NOW!!

FIRST FIVE HOURS TOTALLY FREE

Training at Queen Elizabeth Reserve
Monday, Wednesday 6am-7am and
Saturday 7:30am-8:30am

Training at Lindfield Oval

Tuesday and Friday at 9:30am-10:30am
Thursday at 7:30am for Fitness Boxing

**PLACES
ARE LIMITED!**

The first 6 enrolled receive a free movie pass

CALL MICHAEL NOW ON

0405 014 629

Valid until 26/2/10

ALIVE PERSONAL TRAINING

Email alivept1@yahoo.com.au for your Fitness lifestyle Awareness Guide, over 25 information packed pages to really give your fitness that kickstart you have always needed.