

MCKINLAY SHIRE COUNCIL & MOVE
IT NQ PRESENT:

1 ON 1 PERSONAL TRAINING

Kick start 2021 with personalised sessions & programs to suit your goals and to suit your schedule. No previous gym experience needed.

@ Daren Ginns Centre

Intro session FREE

Cost after intro session: \$25 - 1HR

Limited spots available

**BUILD STRENGTH, LOSE
WEIGHT, IMPROVE FITNESS**

FOR MORE INFO AND TO BOOK A SESSION
CONTACT JORDAN MORRIS, 0439 689 723,
SPORTREC@MCKINLAY.QLD.GOV.AU

*New Year
New Me!*

 **MOVEIT** NQ.

 **McKinlay**
SHIRE
COUNCIL