

Join thousands of other women who have shredded kilos with FUN Fitness Muay Thai- Kickboxing Classes



0414611097

Friend,

Are Y OU experiencing any of this in your life?

- 5 to 10+ Kilos over weight
- Have tried the gym and other workouts but found it too boring
- Have tried dieting with little success
- Want to wear tighter fitting clothes but feel you can't
- Lacking energy
- Lacking motivation to work out because you find it boring and un-interesting.

Well let me say this:

If you are experiencing any of this right now, there's something you need to know:

You're Not Alone

And let me encourage you, because I speak to HUNDREDS of people every year who find themselves in the same situation.

Most of us don't stick at an exercise program long enough to see results. We must stop this so that we can finally feel completely happy within ourselves after achieving our weight loss goals.

Most people are trying to lose those extra kilos the hard way, they try all the gadgets and fads available on morning TV with little to no luck.

And here's what I can tell you, the easiest way to stick to a workout long enough to get real results, is to find a workout that is actually enjoyable.

Here's what I discovered:

People Start a Fitness Program because they want to lose weight and tone up... But they stick at it and get results because they enjoy it and the relationships they make...

When you find a fitness program like this, that does get you results you will finally be able to get back to the exciting side of your life.

You see, some of our members who have had success have told us that their life before losing the weight was different, but not in a good way. They were behaving in the following ways:

- Not wearing the clothes they really wanted to wear
- Not shopping at the shops they really wanted to shop at.

- E ating more chocolate and drinking more wine because what's the point
- Feeling and acting defeated, like they could never lose the kilos and centimetres.

And look, It's pretty easy to start thinking and behaving like this...

And so you find yourself feeling:

Unattractive , Stuck & Frustrated

Because there are so many workout and fitness options available, but none of them have quite captured your interest. Some of them require large investments of time and money and require you to exercise at ridiculous hours of the day.

And that's E XAC TLY why I want to offer you our trial:

3 Classes and a pair of Boxing Gloves for only \$37 (Gloves are Valued at \$55)



Studio Located at 5/10, Bluegum Close, Tuggerah.

Ph: 0414611097

Mon: 9am & 6pm, 3.30pm (Junior boxing)

Tue: 6am, 9am, 6pm, 7pm-(Womens Only)

Wed: 9am, 10:30am (mums & bubs), 3.30pm (Junior Boxing) 6pm,

Thur: 6am, 9am, 6pm, 7pm-(Womens Only)

Fri: 9am & 6pm

Sat: 9am

Sun: Closed: Personal Training also Available/



Train At Your Own Pace...

Everything we do during the class is done by time and not number of repetitions.

So instead of doing 50 squats, we would do 30 seconds of squats. This allows everyone of all shapes, sizes and fitness levels to go at their own pace.

Sigourney Lost 50 Kilos & Mel 21 kilos

This is Sigourney & Mel who train out of our Tuggerah Gym they have both lost kilos and toned up and have more energy than ever before.



Clean Professional Studios

All our classes are held in clean, professional studios and all our classes are taught by friendly fitness professionals who will be there to help and guide you through each class



FAQ's

Is it suitable for all fitness levels? Yes, because our classes are done by time and not number of repetitions, all fitness levels can benefit together.

Am I locked in a contract? No, this is a 3 class trial, you then decide what options you would like – No lock in contracts at Fite108

What are the costs after the trial? It depends on which option you take, but most people are paying \$11.60 a class, or as low as \$8.

How do I get my gloves? You will get your boxing gloves as soon as you come to your first class.

Only \$37

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(Gloves Valued at \$55)

[Click to Sign Up](#)

