

# Spring into Action!

## 6 Week Challenge.

From hibernation to motivation. Set yourself up for your fittest summer yet.

What's Included;

PT IntroFix - Initial 60mins  
PLUS 3 follow up PT sessions

Diet Seminar: Fat Loss - 1 hour  
PLUS 5 x 30min Nutrition Classes

Unlimited Group Classes  
Unlimited Gym Access

Expert team and support on your journey

**\$590**

(Valued at \$1,030)

Bonus DEXA scan at  
BODYMEASURE  
before and after your challenge  
**\$150**

53 Walker Street,  
North Sydney  
[www.healthfix.com.au](http://www.healthfix.com.au)

hf.



**Real Results  
in 6 Weeks.**

Winner for the highest  
attendance in  
group classes  
**1 Month  
FREE Membership!**