

**YOUR NEW YOU STARTS TODAY**

**BUSTAMOVE  
PERSONAL  
TRAINING**

<https://bustamovepersonaltraining.com>

0438 811 556

595 Balcombe Road, Black Rock VIC 3193

# PRICES

## INDIVIDUAL - PRE PAID

### 30MIN SESSIONS - 10 PACK

1 ON 1 \$510 OR \$56 CASUAL SESSION

2 ON 1 \$360 OR \$41 CASUAL SESSION

3 ON 1 \$320 OR \$37 CASUAL SESSION

4 ON 1 \$300 OR \$35 CASUAL SESSION

### 60MIN SESSIONS - 10 PACK

1 ON 1 \$910 OR \$95 CASUAL SESSION

2 ON 1 \$650 OR \$69 CASUAL SESSION

## GROUPS

CASUAL SESSION \$31

10 SESSIONS \$290

20 SESSIONS \$540

30 SESSIONS \$750

40 SESSIONS \$920

50 SESSIONS \$1050

# TIMETABLE

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6:00 am	morning group 6:00 am - 7:00 am	morning group 6:00 am - 7:00 am	morning group 6:00 am - 7:00 am	morning group 6:00 am - 7:00 am	morning group 6:00 am - 7:00 am		
6:30 am							
7:00 am						morning group 7:00 am - 8:00 am	
7:30 am							
8:30 am							mid morning group 8:30 am - 9:15 am
9:00 am	mid morning group 9:00 am - 10:00 am	mid morning group 9:00 am - 10:00 am	mid morning group 9:00 am - 10:00 am	mid morning group 9:00 am - 10:00 am	mid morning group 9:00 am - 10:00 am	mid morning group 9:00 am - 10:00 am	
9:30 am							
10:00 am	seniors 10:00 am - 11:00 am				seniors 10:00 am - 11:00 am		
10:30 am							
11:00 am	seniors 11:00 am - 12:00 pm	seniors 11:00 am - 12:00 pm	seniors 11:00 am - 12:00 pm	seniors 11:00 am - 12:00 pm	seniors 11:00 am - 12:00 pm		
11:30 am							
6:30 pm	evening group 6:30 pm - 7:30 pm	evening group 6:30 pm - 7:30 pm	evening group 6:30 pm - 7:30 pm	evening group 6:30 pm - 7:30 pm			
7:00 pm							

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# WHAT WE DO



## 1 ON 1 PERSONAL TRAINING

When you book a 1 on 1 training session at Bustamove you will receive a session that is all about you. Your session will be designed for exactly what you need and want to achieve. Your 1 on 1 session can be either 30, 45 or 60 minutes in duration and will cover all aspects of your body and fitness.

## SMALL GROUP TRAINING

At Bustamove we also offer small or private group training sessions. If you have a friend or a group of friends that you want to train with then we will cater to all of your needs in a 30, 45 or 60 minute session. Training with your friends or partner is not only social, but also a great way to push each other to train hard and achieve your goals together.

## **GROUP TRAINING**

Group training at Bustamove has a fun and positive atmosphere with lots of hard work. Every session will give you a great total body workout that will include weights, resistance training, cardiovascular training and core stability. Our group sessions are held both indoors and outdoors. This way you get to enjoy the amazing views of Bayside while pushing yourself physically.

## **SENIORS TRAINING**

A very popular session at Bustamove is our Seniors group training sessions. These sessions are for the slightly older adults who care about their health and fitness and enjoy being challenged. We hold the Seniors sessions both indoors and outdoors with a big focus on core stability, resistance training for improved bone density and heart health through cardiovascular fitness. At the Seniors training we cater for all levels of fitness and ability.

## **CHALLENGES**

Bustamove runs fitness challenges every 6 weeks. The challenges include 6 x 1 hr group sessions per week. These sessions include a combination of strength & conditioning, boxing, running, core work and extra cardio outside of the session. There is always a fitness goal to reach at the end, food monitoring (if after weight loss) and assessments at the start and end.

# WHO WE ARE



JENNI



SCARLETT



CHRISTIAN



DELPHINE



HANNAH



FRANKIE

# CONTACT US

0438 811 556

595 BALCOMBE ROAD,

BLACK ROCK VIC 3193

WWW.BUSTAMOVEPERSONALTRAINING.COM

