

# REPS

## FITNESS AND PERFORMANCE

**NEW YEARS FITNESS  
RESOLUTIONS HAVE NEVER  
BEEN MORE AFFORDABLE!**

**The CHEAPEST way to  
'Shape-Up' in Cairns!**

**Personal Training in Pairs**

30 minutes - \$12.50    60 minutes - \$20.00

**Group Fitness and Boot Camp Sessions**

Only \$12.50/ week - unlimited classes!

**TWO GREAT NEW LOCATIONS**

### REDLYNCH

Intake Rd, Redlynch,  
St Andrew's College

*Opens Jan 4th 2010*

### CAIRNS

Sheridan St, Cairns  
Cairns State High School

*Opens Feb 1st 2010*

**Call now for a membership consult:**

# 0421 334 246



## SPECIAL OFFER

Present this flyer when you sign-up and receive your first week of training FREE!  
(Valid until March 1st 2010)



## REPS TRAINERS

All programs are conducted by certified personal trainers, fitness instructors and strength and conditioning coaches

REPS staff will get to know you individually and help you reach your fitness goals

Our small membership cap allows us to create a friendly training atmosphere where working out is fun!

## REPS FACILITIES

### REDLYNCH

- Weights Room
- Cardio Room (coming soon)
- Undercover Training Hall
- Outdoor Training Fields
- Lockers and Change Rooms

### CAIRNS

- 25m Lap Pool
- Weights & Cardio Room
- Indoor Training Hall
- Outdoor Training Fields
- Lockers and Change Rooms

REPS clubs are open for business before and after work and school hours, six days a week.

Group Fitness and Boot Camp sessions run morning and evening, Monday to Saturday.

**Call now for a membership consult:**

**0421334246**

**For more information visit our website**  
**w. [www.repsfp.com](http://www.repsfp.com) e. [info@repsfp.com](mailto:info@repsfp.com)**