

## ABOUT P.T

### **It is all about You.**

#### **Total attention to your Health & Fitness Goals**

To reach your Goals you need to act upon a Plan. Achieving Life balance includes healthy habits, exercise and nutritious food. We want you to be the Best Version of yourself – and we assist you by delivering high quality training and personal attention.



## WHAT TO EXPECT

### **You can expect to be Challenged.**

#### **What once seemed impossible, becomes possible.**

We deliver personal training sessions that will challenge you and help you to achieve results. If you work odd shifts, you may need the additional convenience of flexible training hours and times. We aim to meet your needs, help you overcome hurdles and provide the leadership, experience and personalised programs to help you achieve.



## WHAT DOES IT COST?

### **Personal Training is \$40 Per Hour.**

#### **This includes a personalised program.**

We offer an affordable Training rate that enables you to get maximum benefits. There are many reasons why you are considering hiring a Personal Trainer. We can help you with Strength Building, Weight Loss, Injury Rehabilitation, Performance and Confidence. Let's get clear about what you want and need to achieve and make it happen.



## HOW TO BOOK

### **Call 0439 298 812 or Book Online**

#### **Contact us directly or for your convenience you can Book Online.**

Once you have submitted your Booking, please ensure that you check your Inbox for confirmation. If you don't see an email from us, please check your Junk Email folder and move to Inbox so you don't miss out on any further contact from us.



# Your Personal Trainer

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## Shane **McGregor**

### Personal Trainer

Co-Owner of JKM Dynamic Fitness

shane@jkmdynamicfitness.com.au

Mobile: 0406 407 906



### Empowering through education

Shane discovered his passion for fitness during his career in the Australian Army. Seeing incredible things people can accomplish through training and perseverance inspired him to become a Personal Trainer. He completed his Certificate III & IV in 2010 through the Australian Institute of Personal Trainers. Shane believes in empowering his clients with the knowledge to take ownership of their training. He believes that this is the key to sustainable success, while enjoying the synergy of a great P.T session.



**Shane McGregor** is a fully Qualified Personal Trainer and Co-Owner of JKM Dynamic Fitness, Cobar NSW 2835. As a former Australian soldier, he has acquired a broad depth of experience in the conditioning and transformation of the human body. Shane is available for P.T Sessions.

Read [Shane McGregor's full Bio](#)

### **JKM DYNAMIC FITNESS**

11 Marshall Street, COBAR NSW 2835

www.jkmdynamicfitness.com.au

