



**BUEKIN
SPORTS**

fitness and lifestyle performance



iLifestyle

be fit...live long

Casual outdoor group fitness

iLifestyle

We understand that not everyone wants to push themselves to their physical limit, so we have a fitness program tailored for those that are just looking to step up their everyday lifestyle performance.

Conducted by one of our experienced Personal Trainers, this program, while less strenuous, incorporates sporting orientated activities that will increase energy, reduce stress, improve self-esteem and increase fitness.

Ideal for groups of friends or corporate workmates of 4 or more, activities include games, circuits and group challenges.

The full level of service available for superior iLifestyle performance includes:

- Onsite or offsite training
- Basic program design
- Basic fitness benchmarking
- Ongoing fitness support and advice
- One on One casual lifestyle training also available

FEES

4-12 per group | 12 Sessions | \$180 per person
Corporate rates available

**Receive
2 FREE trial
sessions**

**No obligations*

One on One
12 Sessions | \$660
24 Sessions | \$1200
\$60 per hour

Terms & Conditions apply

Contact Us

0410 554 617 or enquiries@buekin.com.au
buekin.com.au/ilifestyle/

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