

THE POWER OF A PARTNER

Exercising with a **partner** can **increase** your **commitment** to attend the session as well as **increase enjoyment**. Usually when we enjoy something we are **motivated** to do it again.

To **achieve** and **maintain** good **health** and **fitness** you need to **exercise** or engage in **physical activity regularly** and **often**. Having a partner to exercise with can also increase your **motivation** to work harder – you can **support** and **challenge** each other as well as **share** your **success** as you reach your **goals**.



Many women don't seem to have enough time in their lives to fit in family, friends, work and themselves - so why not take the **opportunity** to **multi-task** - **burn calories**, **take time out** for you as well as catch up with the latest **goss with a gal pal!**

So ladies find a friend, colleague or family member and get **EXERCISING TOGETHER – TODAY.**



*Women looking good,
Feeling great*

FINDING THE PERFECT MATCH...

The first step is to decide what you want to achieve... then who you need to help you. If you don't have a training partner we can help...

Configure Express Womens Gym is a safe and private facility for you to exercise in. We have a friendly team to support you on your journey to success. We help you set your goals, make a plan of action and teach you how to use the equipment. We re-assess your progress on a regular basis to help keep you on track. Tutorials to learn new exercises to continue to challenge your body are all part of the package.

We offer a wide variety of group exercise classes where you will find other women of similar fitness levels, with common goals. We have seasonal walking, running and cycling groups as well as many options for Personal Training either one on one or in small groups.

There is no need to go at it alone – when you can team up with Configure Express and power your way to success.



*Women looking good,
Feeling great*

