

# GET FIT LOSE WEIGHT

TXT "FREE SESSION"  
TO 0412 017 707  
NOW TO GET YOUR  
FIRST SESSION FREE

**Do you want to get fit, lose weight, or improve your health?  
Looking for better sleep or more energy during the day?**

Steve's friendly, motivational, and supportive outdoor group training offers the personal approach and support you're looking for.

Sessions are held at local parks in Hornsby Heights, Berowra, and Thornleigh. It's never too late to take that first step, so let's start moving today!

- Bootcamp
- Family Friendly Bootcamp
- Metafit™
- One-on-One Personal Training
- Morning, Day, & Evening sessions



**Steve Johnson**  
Accredited Advanced Bootcamp and  
Outdoor Training Instructor

Check out [eternallyfit.com.au](http://eternallyfit.com.au)  
for locations and session times.



**Eternally Fit**  
Create the Future You