

# TRAINING ADVICE & INSTRUCTOR NOW AT CLUB HEARTLANDS



The team at Club Heartlands have come together to create a fitness guide to get your heart racing. Jen French, a personal training professional, is now available to help guide you through the equipment and your training practices.

Here's a little word from Jen: *"I believe in a healthy balance with exercise and nutrition and will take you out of your comfort zone to create and achieve a sustainable healthier you. Having overcome my own weight loss challenges, I understand when my clients are struggling to tackle the obstacles when setting goals. I am a firm believer that you have a personal limit, but chances are it's nowhere where you think it is."*

Head on down to Club Heartlands at any of the times listed to the right and introduce yourself to Jen to take advantage of her wealth of knowledge in fitness, nutrition and rehab therapy.

**For appointments or enquiries email [jen@theheartlands.com.au](mailto:jen@theheartlands.com.au)**

**ONGOING  
WEEKLY IN 2016**

**WEDNESDAYS  
6:30pm-8:30pm**

*See you there!*