

ROCKET

Personal Training & Group Fitness

BRIDAL PACKAGE

Let us help you get ready for your special day!

Have fun and get fit together.

How can we help and what we have to offer:

- 8 week Training Package for you and your bridal party
- 3 x 45min Group Training Sessions a week
- Nutrition guide and support over the duration of the 8 weeks
- \$500.00 per participant, no group too big or small

Contact Details:

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ROCKET

Personal Training & Group Fitness

FORMAL PACKAGE

**Let us help you get ready for your special day!
Have fun and get fit together in a group training
environment with your peers.**

How can we help and what we have to offer:

- 6 week Training Package in a group environment
- 3 x 45min Group Training Sessions a week on a Monday, Wednesday and Friday at 4pm
- Support and advice on healthy habits and tools to implement
- \$150.00 per participant
- No group too big or small

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