

2021

Investment details.

Personal fitness and wellbeing coaching.

“My purpose, my ‘why’ is to lead others on their fitness and wellbeing journey in an empathetic and kind way so they gain confidence and self-respect, while striving to become their best self.”

Sarah Guptill

Owner and Coach

Proven benefits of Sarah’s coaching:

- ✓ improved strength and cardio ability
- ✓ increased confidence
- ✓ increased energy
- ✓ increased emotional wellbeing
- ✓ increased mental resilience.



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Bliss
Fitness and Wellbeing
blissfitnwell.com.au

Bliss Fitness and Wellbeing

Become your best self

Fitness and wellbeing sessions are 30 or 60 minutes once a week. This flexibility ensures you can fit your training into your busy weekly schedule. Activities are designed to address your specific need such as weight loss, increased strength, improved co-ordination and flexibility and / or improved cardiovascular fitness.

Investment.

Your fortnightly investment includes training during the NSW public school term. If you want to train during NSW school holidays, you are welcome to pay for additional one on one sessions (at the special price of \$50) that fit in with your holiday schedule.

Your fortnightly investment includes:

- Goal setting and regular reviews.
- A new, individually tailored fitness plan every month to ensure you remain motivated and challenged.
- Access to your fitness program via the app.
- Ability to record and monitor your measurements.
- Ongoing support from Sarah.

The fortnightly (reoccurring direct debit) investment is:

- \$120 (for 1 x 30-minute session once a week) or
- \$200 (for 1 x 60-minute session once a week)

with a once off membership fee of \$99.

You are welcome to book a 30-minute trial session to learn if my coaching is right for you. [Click here to book a no obligation trial session.](#)

In the meantime [become inspired by community member success stories.](#)

Thank you for your interest!



Sarah

0417 289 965
sarah@blissfitnwell.com.au
www.blissfitnwell.com.au
ABN: 20 997 148 153



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