



body  brace  
 Health & Fitness

*We Would Love For You To Join Our Family!*



# CONTENTS

<b>WHO WE ARE</b>	<b>3</b>
<b>HEART RATE MONITORED SMALL GROUP TRAINING</b>	<b>4</b>
<b>HOW OUR SESSION BOOKINGS WORK</b>	<b>5</b>
<b>HOW YOU GET STARTED</b>	<b>6</b>
<b>GROUP TRAINING SCHEDULE</b>	<b>7</b>
<b>GROUP SESSION RATES</b>	<b>8</b>



## WHO WE ARE

We are brothers Greg and Seth Maserow and since 2010, we've been transforming lives with our unique, scientifically based training methods.

We, along with our trainers, know every member by name and we are with you for every stage of your fitness and weight loss journey.

We use a proven scientific approach to exercise and healthy eating combined with the latest technology to guarantee you incredible results.

With our motivational trainers and exclusive weight loss tools we're here to help you smash your health and wellbeing goals and live your best life.



## HEART RATE MONITORED SMALL GROUP TRAINING

Our 30-minute HIIT classes are made up of short, sharp bursts of cardio or toning exercises during which you push yourself to the max.

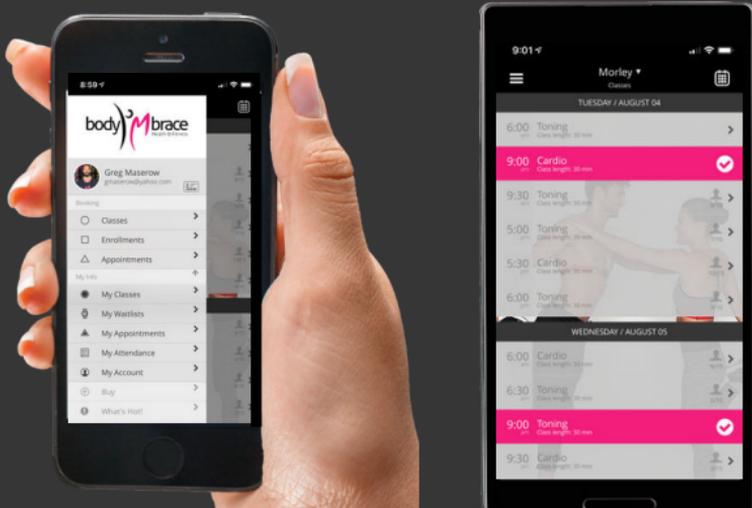
This means you burn more calories and benefit from a massive metabolism boost which lasts for up to 48 hours after you train.

Sessions run for 30 minutes which means you get in, get it done and leave feeling awesome.

During each class our trainers encourage you to hit specific heart rate zone targets using the innovative Myzone monitoring system.

At Body MBrace there's no guess work when it comes to workouts and that's why we deliver results.

Our exercise program is designed and developed by an Exercise Physiologist so you can be sure that you are getting the most effective and up to date workout.



## HOW OUR SESSION BOOKINGS WORK

We believe making exercise a part of your lifestyle is the first step to achieving your goals. The last thing we would want is a situation where our clients forget to book themselves into their sessions for the week and when they remember, it's too late and all of their preferred session times are fully booked, meaning they are unable to exercise for that week, throwing their routine out the window.

To prevent this from EVER happening, we DO NOT use a 'first in best dressed system'. Rather, we book our clients into what we call 'permanent' sessions. These sessions are yours, like an appointment; you are booked into them indefinitely and no one else can take them from you. This means that you are able to build exercise into your lifestyle and not have to worry about your routine being thrown upside down because life got too busy and you were too slow to book your sessions and now they are all full. This also helps with building a really nice cohesive, comfortable and social environment as you find yourself exercising with the same group of people each session. Life long friendships have been formed because of this model and that is something we are so proud of!

We also understand that life can throw curve balls at times and there will be occasions where you are unable to attend your permanent session times. DON'T STRESS! As long as you have 2 hours before the session begins, you can go onto our app, cancel your booking and use that session another time. You are also able to change your 'permanent' session times at any point during your time with us, provided there is availability



# HOW DO I GET STARTED?

Before you attend your group sessions, we take you through a 3 phase process to get you ready! By the end of this process you will know exactly what to expect when you begin the group sessions, you will reduce your risk of injury, and you will be well on track to achieving your goals!

## ✓ PHASE 1 - CONSULTATION

This is a one hour session where we discuss your goals and how you are going to achieve them, we talk about your nutrition, exercise history, what has worked in the past, what hasn't worked in the past etc. You will come out of this session knowing exactly what to expect from us, and what is expected of you to achieve your goals!

## ✓ PHASE 2 - CARDIO INDUCTION

This is another 1 hour session where we teach you how our HIIT cardio sessions work. We set up your heart rate monitor and make sure that it is calibrated properly for you. You will come out of this session with the confidence of knowing exactly what to expect when you attend your first Cardio session!

## ✓ PHASE 3 - TONING INDUCTION

One more 1 hour session! This is where we teach you how our Toning sessions work. We make sure you know how to perform all of the exercises involved with proper technique. We make sure you understand the concepts and principles so that you are able to achieve your toning goals as quickly as possible!

Once you have completed the 3 phases, you will be booked in to your requested 'permanent' session times, and away you go!

# SCHEDULE

(subject to change)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		Toning	Cardio	Toning	Cardio	
6:30 am			Toning		Toning	
						8:00am Cardio
9:00am	Toning	Cardio	Toning	Toning	Toning	8:30 am Toning
9:30am	Cardio	Toning	Cardio	Cardio	Cardio	9:00am Cardio
5:00 pm	Toning	Toning	Toning	Toning		
5:30pm	Cardio	Cardio	Cardio	Cardio		
6:00 pm	Toning	Toning	Toning	Toning		
6:30pm	Cardio		Cardio	Cardio		

## WE SPECIALISE IN TWO TYPES OF HIIT SESSIONS

### 'CARDIO'

This session involves High Intensity Interval Training (HIIT). We use a variety of machines designed to burn calories, improve aerobic fitness and stimulate metabolism. We have a maximum of 15 clients in this class

---

It is great for....Weight loss, improving you fitness, improving your health, increasing your metabolism and burning calories!

### 'TONING'

This session involves fatigue level resistance training designed to improve muscle tone, increase muscle strength and endurance, and elevate metabolism. We have a maximum of 10 clients in this class.

---

It is great for...Weight loss, muscle tone, increasing your metabolism, increasing your strength, improving your health and burning calories!

# GROUP SESSION RATES

## 1 INTRODUCTORY PACKAGE = \$380

THIS IS NOT A "JOINING FEE"!

Before you begin your group sessions, we spend over 3 hours with you one on one to make sure you feel completely comfortable and know exactly what to expect when you arrive for your first group session!

During this process you will:

- Set your goals and discuss exactly what you need to do to achieve them.
- You will learn how to exercise properly and efficiently. This will reduce your risk of injury and significantly speed up your results

### WHAT IS INCLUDED:

✓ Phase 1 - Initial Consultation (60 min)	VALUE = \$150
✓ Phase 2 - Personal Cardio Induction (60min)	VALUE = \$100
✓ Phase 3 - Personal Toning Induction (60min)	VALUE = \$100
✓ 4 Week check-up consultation	VALUE = \$50
✓ Your own MYZONE MZ-3 heart rate monitor	VALUE = \$150
✓ The Body MBrace Weight Loss Guide	VALUE = 30
	<b>TOTAL VALUE = \$580</b>

(FOR \$380)

# GROUP SESSION RATES

## 2 MONTHLY DIRECT DEBIT

Only pay for what you use!

Why pay for an 'unlimited' membership when you can only attend 2 sessions per week!

### HOW OUR PRICING STRUCTURE WORKS

The way our pricing structure works is that you decide how many 'permanent' sessions you would like per week (first column on table below) - REFER TO PAGE 5.

Then you decide how many months you are wanting to commit for – either 3, 6 or 12. That will give you a direct debit rate per month

Number of 'Permanent' Sessions per week	\$ Per month for 12 months	\$ Per month for 6 months	\$ Per month for 3 months
4	313	382	486
3	235	287	365
2	157	191	243
<i>(Price per session)</i>	<i>(\$18 session)</i>	<i>(\$22 session)</i>	<i>(\$28 session)</i>

\*All monthly payments are through direct debit. There are no fees if the debit is directly from a bank account. However, there are fees if using a credit card (the above rates do not include credit card fees)

# EXTRA GROUP SESSIONS

**\$18 / SESSION**

# PERSONAL TRAINING RATES

**\$90 INITIAL CONSULTATION**

**\$50 / SESSION**

# ACCOUNTABILITY PROGRAM

**\$160 PER MONTH**

# BMB BITES WEIGHT LOSS APP

**\$14.95 PER MONTH**

If you have any further questions please feel free to ask or visit the FAQ section on our website [bodymbrace.com.au/faqs](https://bodymbrace.com.au/faqs)



*We Would Love For You To  
Join Our Family!*