



*Katherine Bray*  
*Fitness Coach*



*Ladies Transformation Club*

Hello and Welcome!



Wow, I am so excited to invite you to join our club! I am so happy to be able to share this with you.

### **Why have I created this group?**

There is so much confusion out there on the internet, newspapers, magazines & public perception about what is the best way to lose weight, tone up, improve fitness and general well being. As Fitness Coach and personal trainer I am passionate about health fitness, in mind as well as in body, its so important it is address with a complete holistic approach.

I offer 1-2-1 fitness coaching but I wanted to create a group so I can make it more assessable to all and spread the word and educate as many people as I can., forming a group to do this seemed the most obvious way of doing so.

### **Everything will be explained and simplified for you**

Common questions I am asked in meeting a client for the first time are generally around food combinations and exercise. What is the best thing to eat and the timings of it around exercise etc.? Also what is the best form of exercise to change your body shape?

This club will help educate you, motivate and inspire you to create the body shape and build the strength in body and mind that you have always dreamed of.

As a member of this group you will learn every element you need to know to create the figure you have always dreamed of along side other girls of the same goal and shared interests.

You will learn everything you need to know to change your body shape and keep it that way forever!



### **My experience.**

I am bikini competitor I have a wealth of knowledge and experience of how to lose weight and gain lean muscle. Do not worry you won't end up "looking like a man!" I know how to train your body so you have the right balance and muscle symmetry and exercises to enhance your natural curves. Bikini competitions are all about the curves and looking like a woman should!

As a trainer and coach with over 7 years experience, I know how important it is to I educate you. I will give you the information you need to know to change your shape and maintain that way forever. Its no good getting the results from working with me and not maintaining it, that is not only a waste of money but also a waste of time and effort.

### **Not just motivation but education!**

Its all very well being inspired and motivated to get fit but no good if you don't understand how to maintain it!

With me you will learn all you need to know in a supportive, environment with other ladies with a common goal and interest.

At the end of this 12 week course not only will your body have changed shape but you will have learned how to maintain your shape and keep progressing.

*This is so much more than a body transformation it will change how you view your health, lifestyle, food and also the way you treat yourself.*

### **The greatest love!**

It's the greatest love of all to love yourself! Look after your body because you love it not because you hate it. You deserve this and so does your body! You only get one body to live in so look after it!

1. **12 week Progressive Bespoke Training Plan** – tailored to your individual abilities and needs.. That will ensure that you will grow muscle, get lean and change your body shape.
2. **12 Week meal plan with recipes** to suit your dietary needs that will ensure you lose fat as well be able to build muscle at the same time.
3. **Weekly group training and check ins.** This includes, weigh & measuring, progression pictures and assessment of progress and how to move forward ensuring you are on track to be in your best shape possible. We want you to bring your best body to stage! We will can also make any amendments to your meal plans and macros if required. Group Training will be held at Body & Soul Gym, Greengate Malton \* on a Sunday 1pm – 3pm.
4. **Ladies Only!** The training sessions are at a time the gym would normally be closed and is not open to men, so you can train in a non intimidating environment and feel totally at ease as you get accustomed to using the gym equipment and new techniques I will be teaching you.
5. **Free Online Support** WhatsApp & Facebook group chat to raise questions, support each other, share workout ideas and recipes in-between our weekly sessions.

\* £3 a session payable to Body & Soul for use of the gym each training session .

## The Bikini Competitors Package Price



### The Price:

I am able to offer you all this a reduce price as it is my first group of girls I have trained.

Exercise plan for 2 x 6week cycles **£90**

Metabolic and macro analysis with recipes and daily meal guidelines **£45**

12 weekly check-ins & training sessions 1.5hrs (Special rate £20 a session) **£120**

On going checks telephone calls & Skype calls  
**FREE**

WhatsApp group support **FREE**

Total Price for 12 weeks training **£255**

### Payment terms

Either 3 monthly installments of **£85**

**SAVE £15** If you pay in 1 installment **£240**

You can **via PayPal** if you want to use **credit card**

Using Katherine@bodybootcampLtd.co.uk

[Katherine@bodybootcampLtd.co.uk](mailto:Katherine@bodybootcampLtd.co.uk)

or **Bank transfer** to

Bodybootcamp & Personal Training services Ltd

Account number 50300640 Sort Code 20-99-56