



12 WEEK  
**GET MASSIVE**  
PROGRAM

If you have the go but need more show this is the program for you!

- Mass building training program
- Eating for Size nutrition plan
- Supplement support
- Weekly results tracking

**Register for the Program:**

\$149 for members

\$399 for non-members (inc. membership)

Over \$300 training and nutrition value

Call the Gym on 9387 4446 or email  
[workout@bondigym.com.au](mailto:workout@bondigym.com.au)

& remember -

**Size matters!**

**BONDI  
GYM**

Bondi Gym  
32 Ebley St, Bondi Junction  
9387 4446  
[www.bondigym.com.au](http://www.bondigym.com.au)