

CLARITY 2026 RESET & RISE

Your strongest year starts here
A starter program designed for women 40+.



What's Included

- **2 Weeks Unlimited Group Fitness**
Strength conditioning, variety, effective and fun
- **2 x 30-min Personal Training Sessions**
Technique, confidence, strength, goals.
- **Comprehensive Wellbeing Assessment**
Identify your priorities + set a clear plan for 2026.
- **2 x 30-min Health Coaching Sessions**
Supporting behaviour change.

100%★★★★★ Google Reviews

"Tom has a positive and infectious personality that motivates and inspires everyone to be the absolute version of yourself. Tom maintains a genuine interest in all his clients ensuring that programs are always designed to meet personalised needs and attain life goals." - Tania

Who

Perfect for women 40+ who want to:

- Rebuild strength
- Restart their fitness journey
- Return to healthy habits
- Improve energy and confidence
- Feel supported and guided

How

To sign up, email tom@clarityfitness.com.au

- Join for yourself or with a buddy.
- Spots are limited.

Special Launch Price: \$149

Total Program Value : \$480

Available until 15 January, 2026

Start anytime prior to 15 January

JOIN NOW

"If you're considering this program and unsure, give me a call on 0412 590 255. Having trained and coached hundreds of people, either in a 1:1, group or corporate setting. I love what I do, and am here to support and empower YOU!" - Tom Vujevic - Director Clarity Health & Wellbeing Pty Ltd

www.clarityfitness.com.au