

# Paulina Panikowska

## Personal Trainer

- International NASM CPT
- Nutritionist
- Reps Level 3

**"I will help you gain significant results in a time period that you specify!"**

## Do you want...

- Weight & body fat loss?
- Strength & power?
- A balanced and pain free posture?

Paulina is passionate about helping anyone who needs a body and lifestyle transformation. Take advantage of her 16 years working experience in fitness training and 3 years working experience as a weight management counsellor. For significant results in weight loss join \*8kg in 8 weeks\* system.

## Specialising in...

- Extreme Kettle Bell Training
- Performance Boxing
- Core Stability
- Flexibility and Fluidity Training
- Balance and Coordination
- Weight Lifting - muscular and strength endurance, hypertrophy (muscle size)

**CALL TODAY TO SEE HOW PAULINA CAN HELP YOU...**

Call today for a...

**FREE**  
consultation!



THE  
**BANKSIDE**  
HEALTH CLUB

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