



BENCHMARK

Fitness and Lifestyle Training

NO MATTER WHAT YOUR FITNESS GOAL, WE CAN HELP YOU GET THERE.

**One on One Training, Group Sessions, Boxing Fitness
Mothers Groups, Strength Training, Nutrition Guidance and more...**

Mark Evans - 0481 103 977 mark@benchmarkfit.com.au



Like us on Facebook for regular advice and tips
Benchmark Fitness and Lifestyle Training