



COACHING  
WITH *Maddie* 

SERVICES GUIDE





"Your body can stand almost anything.  
It's your mind that you have to convince."

For Women  
*by women*



# Meet Maddie

LET'S EMPOWER, INSPIRE & TRANSFORM TOGETHER.



Maddie is a passionate certified personal trainer and lifeguard with a rich background in fitness since 2016. She delights in helping clients discover personalised fitness and health solutions tailored to their unique needs. After experiencing her own journey through pregnancy in 2020, Maddie felt a gap in pre/post-natal fitness programs. This led her to pursue qualifications in pre/post-natal fitness, equipping her to support fellow mothers through the emotional and physical changes of motherhood.

Her deep dive into female-specific fitness, inspired by her own experiences, culminated in a Master's degree in Fitness Programming for Females. Maddie specialises in creating safe, supportive programs that address hormonal changes, body image issues, and disordered eating, making her an expert in areas such as sports and physique competition and menopause.

In addition to her work with new mothers, Maddie uses her extensive experience from working with the Army to prepare individuals for the rigorous physical demands of the Defence Force. Her connection with veterans and their families through local wellbeing centres is a testament to her versatile and inclusive approach to fitness.

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EXPLORE OUR

# class offerings

## STRONG

A strength and conditioning class which uses a variety of weights (weight plates, dumbbells and barbells) to build strength and tone up those muscles.

## BOXING

Boxing classes are structured workouts that typically include a combination of cardio, strength training, and boxing techniques. A mix of pad work and exercises makes this a low-impact, fat-burning class.

## MUMS AND BUBS

In a supported and welcoming environment, improve cardio fitness, work on tone and strength, and build up core strength. Open to expecting mums and those up to 12 months postpartum. Always consult your GP or medical practitioner before undertaking exercise.



EXPLORE OUR

# class offerings

## BLAST

Combine weight and cardio routines to burn the max amount of calories. A fun party that won't feel like torture. Dance like nobody's watching to some of your favourite music.

## FLOW

Stretch, unwind and physically 'let go' in our popular restorative Yin Yoga practice. Relaxing deeply and intently into lengthy held stretches, Yin Yoga is the perfect balance to more intensive practices. Yin Yoga usually consists of a series of long-led passive floor poses and targets the deepest tissues in the body.

## CUSTOM

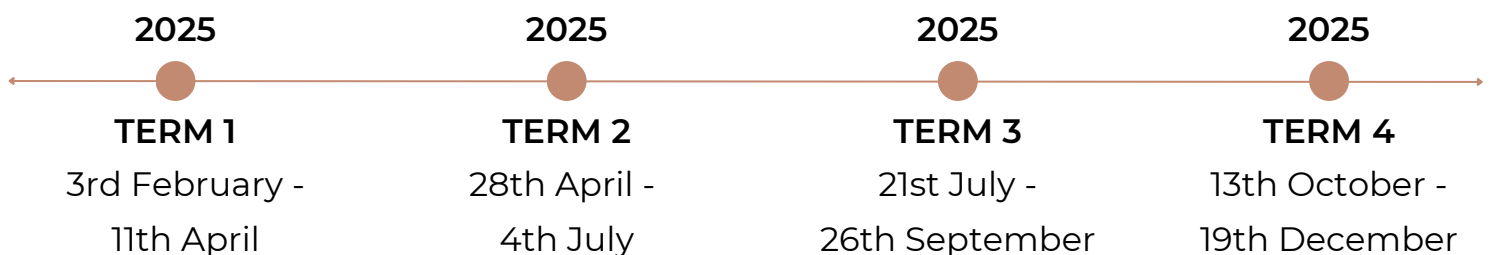
Have an idea for what you would like to offer. We can work with you to cater a class for the specific goal you have.



# Class Availability

Enhance your team's health and well-being with our comprehensive term based fitness program, designed specifically for corporate and business groups. We offer a range of weekly classes tailored to fit into your organisation's schedule, promoting a healthier and more productive workplace.

Our classes are ideal for boosting employee morale, reducing stress, and fostering a supportive team environment. With a variety of options to choose from, each session is crafted to cater to different fitness levels and goals, ensuring that every participant can benefit.



**All classes are \$15 per person**

## **Secure your classes today!**

Contact us to discuss scheduling options and how we can tailor the program to meet your organisation's specific needs.

Let's work together to create a thriving workplace environment!





# love stories

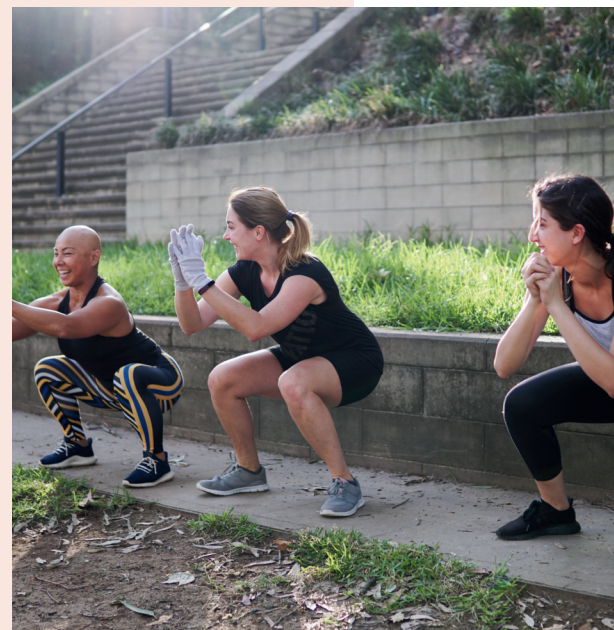
## CLIENT TESTIMONIALS

"I wanted to say a massive thank you for today. You are seriously one of the most empowering PT's I've ever worked with. I really appreciated that when you saw I was in a mindset struggle in the last circuit round that you joined me and did it alongside with me. You gave me the motivation and support I needed to make it through the brick wall I built in my mind."

"For the first time ever I'm excited to be invested in me and have someone in my corner who is as keen as i am to achieve my goals. Thank you so much for making me feel like this is the right step."

"You always give me an extra kick I need to smash it! I feel so comfortable trusting you with my fitness goals and I know that together we will achieve them, heck we will smash them!"

"I wanted to say thank you for today, I know I'm definitely not the fittest but I really appreciate your support in reaching my goals and pushing me. Seriously you are one of the best PTs I've worked with and am so grateful for the recommendation to contact you."





# Frequently ASKED QUESTIONS

## **DO WE NEED TO SUPPLY EQUIPMENT?**

No, all equipment is supplied by Coaching with Maddie. All you need to bring is yourself, a water bottle, a towel and a positive mindset. For yoga classes, a mat is recommended, but if you don't have one, we can provide it.



## **WHAT LEVEL OF FITNESS SHOULD I BE BEFORE COMMENCING?**

No prior experience is necessary! Our classes are designed to accommodate all fitness levels, from beginners to advanced participants. Maddie will guide you through the exercises and provide modifications as needed.



## **ARE THE CLASSES SUITABLE FOR PREGNANT WOMEN OR NEW MOTHERS?**

Yes, we offer specialised classes like "Mums and Bubs" tailored for expecting mothers and those up to 12 months postpartum. Always consult with your GP or healthcare provider before starting any new fitness program.



## **WHAT IF I HAVE AN INJURY OR MEDICAL CONDITION?**

Please inform Maddie of any injuries or medical conditions before the class. We can provide modifications to ensure that the exercises are safe and suitable for you. It's important to listen to your body and not push yourself beyond your comfort level.



# *contact us*

## GET IN TOUCH

For any class enquiries or bookings, please contact Maddie via the below details



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