

Exclusive Offer for Contributing members of the VIC Staff Associations/Unions

Regular price for 1 session: €80.

Regular for 10 session package €600.

Online €75/month

**Discount for Contributing Members
of the VIC Staff Associations/Unions:**

**Free initial Consultation; 20% off
first package; and 10% off all
packages bought thereafter.**



Hallo I'm Aidan. I'm a Personal Trainer & Health Coach from Ireland. I'm passionate about *growth*. It doesn't matter in what area – physical strength, education, business expansion, relationships, personal development – *it's what I live for*.

Previously owning and running my own gym in Ireland for 5 years, I've worked (and still do!) with some of the top business and fitness mentors in Ireland and in Australia. After gaining qualifications in Executive Life Coaching & Mentoring, I relocated to Vienna to see what else the world has to offer.

I'm here to expand and share my skills, my knowledge basis, and develop myself further. I fully intend to do the exact same for the people who choose to work with me.

I'm available for Personal Training sessions at home, outside or in a gym environment in any of the FITINN's in Vienna; I can also train at your gym providing they allow Personal trainers there. I specialise in strength training and adapting nutrition to enter a deficit or gaining phase to help you achieve a healthier, leaner and stronger physique. You will also be provided with coaching in these sessions. I won't just be talking you through your exercises, handing you a diet plan, and giving you a pat on the back when you leave – I'll be educating you on how and why to execute exercises correctly, what you have to do outside of training sessions to fast-track success, and problem solve with you, all to ensure your expectations are aligned correctly. Preferably training sessions would occur in a gym to aid in maximal training benefits, but considering your busy schedule, at home or outside suits me also. Alternatively if you don't want 1 to 1 guidance all of the above can be provided through an online platform and app. This system is preferable for already competent gym users.

Drop me a message today and let's grab a consultation.

Aidan

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