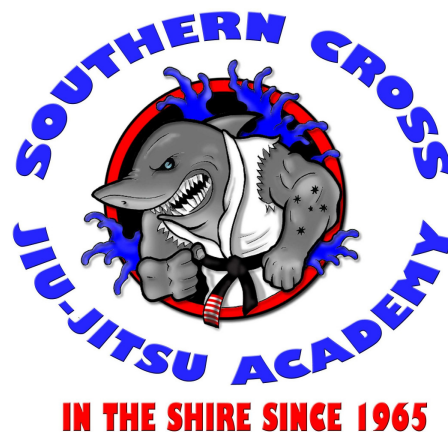


Southern Cross Jiu-Jitsu Academy

Unit 9
2-14 Atkinson Road
Taren Point, NSW 2229
(Access via Mangrove Lane)
www.scjja.com



High Value, Low Cost Training Area Available!

Dear personal trainer,

I am writing to you in order to not only introduce my business, but more importantly, offer you an indoor location where you can run your own personal training business.

My name is Rodney Ellis and I am the owner and head coach of Southern Cross Jiu-Jitsu Academy.

I have been training and teaching jiu-jitsu for the majority of my life and in March 2007 I opened my first full-time training facility in Caringbah; previously I had been teaching out of other people's gyms and also out of PCYCs and Youth Centres.

This was a short term step for me, as in January 2009 I re-opened in a larger factory in Taren Point.

Within this new centre, we have:

- 110 Square metres of the highest quality wrestling mat available in Australia (the only FILA approved Dolamur mat in Australia).
- A small boxing ring which is perfect for sparring and training.
- 4 Boxing / Kickboxing bags (various sizes and weights).
- An adjustable bench press table and squat rack, with an Olympic bar and plates, adjacent to a power tower for chins and dips.
- Plus skipping ropes and a ring timer.

The only dilemma I have is that 95% of my business takes place between the hours of 6pm and 9pm, meaning that for the rest of the day the premises is completely vacant.

This is why I am offering you the opportunity to use the facilities.

When I was teaching out of PCYCs, they used to charge me \$25 per hour for use of the mats. I used to turn up, teach my class, and go home again. Therefore, I am offering you the same opportunity!

I welcome you to make use of the academy's floor space, ring and other training equipment, without any long term commitment or obligation. All that I ask is that you respect the rules of the club, and have your own insurance.

There are two options available:

Option 1 - Exclusive Use

This option is for trainers who wish to run group sessions (such as morning boot camps) and require use of the entire facility. With this option you get to have the complete area at your disposal and even get to have control of such things as the stereo, timers etc ...

Cost: \$27.50 per hour (inc GST)

Option 2 - Casual Use

This option is for the more traditional one-on-one style of training. There may be another class, or private session taking place on the main mat, or in the boxing ring, but the rest of the facility is no doubt open. Or maybe you only need a certain section (such as the weights) and are happy for others to use another part.

Cost: \$11.00 per hour (inc GST)

I welcome you to come in one day and check the facility out. Also, please feel free to visit the club's website at www.scjja.com where there some pictures, or telephone me directly on **0402 116 659**.

I look forward to helping each other out.

Kind Regards,

Rodney Ellis