



*Fit*

CONTESSA



# About Marilyn

Marilyn Mangoto - an ambitious 27-year-old passionately helping people through specialised personal training.

Realizing how naturally vulnerable woman can be, has created a sincere urge to focus more closely on ladies while inspiring confidence and changing lives.

A little confidence can go a long way!

## Qualifications

Certified Personal Trainer  
Qualified Boxing Instructor  
Qualified Olympic Weightlifting Coach  
Qualified Rumble Coach





# OVERVIEW

We aim to provide a platform easily accessible to individuals sharing authentic and well-informed Health & Fitness information and guidance.

We aspire to inspire and motivate as many women ready to change their daily eating and fitness habits for better life quality.

There is no one size fits all, therefore our focus is to personalise each individual's nutrition and fitness needs alike.



# Do it for *yourself*

Practice to perfect physical  
beauty, take care of your  
soul and enjoy life fully!



# VALUES

All woman, All size!  
We are all equal  
Contessa's.

We grow together,  
we glow together

You're allowed to be a masterpiece and a  
work in progress simultaneously.



# MISSION STATEMENT



SIMPLY TO CONJURE THE BEAUTY  
WITHIN YOU, THROUGH  
EVERYTHING FITNESS AND AS A  
RESULT PRODUCE A HAPPIER  
HEALTHIER YOU!

YOUR HEALTH IS THE  
NEW WEALTH.



# PRICING OPTIONS

## Online Assistance

From as little as R199pm including personalised training and nutrition plans.

## On-site Personal Training

On-site training from R2160pm including nutrition plans.

Tc&C's apply

You can't put a price tag on well-being.



# WHAT WE SPECIALIZE IN



BODYBUILDING

NUTRITION BY A CERTIFIED NUTRITIONIST

PERSONALISED EATING PLANS

PERSONALISED TRAINING PROGRAMS

PRE & POST-NATAL TRAINING

VIRTUAL & MOBILE TRAINING

WEIGHT LOSS

(T'S & C'S APPLY)



Contact us

*make it happen*

MARILYN MANGOTO

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