

PERSONAL TRAINING

Whether you want to lose weight, build muscle, train for a specific event or improve your overall fitness, having a personal trainer will keep you motivated, challenged and on track.

benefits of personal training

Goals: Help with setting your goals – the first step to success is being clear about what you want to achieve.

Support: Providing guidance, direction and expertise to keep you focused.

Motivation: Maintaining motivation is the key to training consistently and achieving results. Your trainer will provide you with constant encouragement and support.

Results: Our experienced team has a broad depth of knowledge, we know how to help you get RESULTS!

Personalised Service: Have a training schedule that is customised specifically to you - taking into consideration your strengths, weaknesses, any past illnesses or injuries, and of course, your goals.

what to expect

Training with a Personal Trainer is a great way to gain personal attention to your fitness goals, in a safe, fun and motivating environment.

Our Personal Training Packages are designed either for one-on-one private training or sharing with a friend (1:2). Packages are also available for training 3 or 4 friends together.

Packages commence with an initial consultation. In this initial consultation, your trainer gets to know you, your history, lifestyle, abilities, posture type and the goals you would like to achieve. Based on this, we suggest and formulate the training options that would benefit your particular requirements and abilities.

Personal training packages are available in 30 minute express packs, or 60 minute session packs. Share Personal Training packs are only available in 60 minute sessions.



PACKAGE	60 MIN	30 MIN	2 PERSON PT (PER PERSON)
1 Session	\$76.50	N/A	N/A
5 Pack	\$372.25 (\$74.45 each)	N/A	\$250
10 Pack	\$698.50 (\$69.85 each)	\$433.50 (\$43.35 each)	\$475
20 Pack	\$1,275 (\$63.75 each)	\$816 (\$40.80 each)	\$900