

Sheer Transformations Personal Training

Corporate Training Packages Brisbane CBD & Surrounding Suburbs

Offering

- Group and Team Training
- High, moderate and low intensity and impact Training
- Fitness, Strength, Power and Agility Training
- Fat Loss and Toning
- Boxing and Circuit Training
- Flexibility and core strength
- Aerobic Endurance
- Injury prevention and management

Why Workplace Fitness Training?

Regular exercise will help to improve general health and immune, increase energy, concentration and productivity levels as well as aiding the body's natural coping mechanism, lowering stress. Ultimately meaning no more 3pm slumps, higher work efficiency, less sick days and stress leave. It increases endorphin levels, improving mood and workplace atmosphere. Weekly scheduled training edifies commitment and accountability to each individual, trainer, teammates and company alike. It encourages teamwork and motivation, support, encouragement, perseverance, trust and respect, all aiding in workplace morale, mindset and attitude. Each session provides a challenge, as well as a variety of new ideas and activities to keep stimulated and a sense of achievement with completion. Regular exercise within an organisation encourages company and colleague loyalty.

Nutritional support is available for optimal health and immune as well as muscle, bone and joint repair and maintenance. Access to various personal development tools are also available on request.

Key Benefits

- Develops strength and fitness
- Accelerates metabolism, increasing muscle tone and weight loss
- Improves cardiovascular health aiding in prevention of heart disease
- Improves mobility, range of movement and posture
- Increases bone mineral density and prevention and maintenance of injury and degenerative disease
- Enhances sport and exercise performance
- Improves balance and stability
- Heightens mood and supports graceful ageing

Qualifications

Certificate III and IV in Fitness
Gym Instructor and Personal Trainer
Thump Boxing
Les Mills Body Attack
Freestyle Aerobics and Aqua (awaiting certification)

Experience

Two Years in the Fitness Industry as a Personal Trainer and Personal Training Coordinator, specializing in women's health, weight loss, strength, toning, fitness and nutrition system. Elite Athlete at the Australian Institute of Sport in the National Women's Volleyball Program. Working closely with sports specific physiotherapists, dieticians, psychologists, massage therapists, and sports scientists.
Endorsing Holistic Health and Wellness Products and Support.

Cost

I Hour Group Personal Training
\$20 per person, per session

Packages

5 pack of 1 hour Group Training sessions \$100

10 pack of 1 hour Group Training session \$180 (one session free)

20 pack of 1 hour Group Training sessions \$360 (two sessions free)