

# Group Training with Goal Getters

Goal Getters take a different approach to most group training professionals. We understand not everyone is a gym junkie and make our training sessions fun, and fit into your busy lifestyle, not the other way around.

Our training sessions are never crowded, we keep our numbers small so you get the personal attention and advice you need to exercise to your absolute max. We may keep it small but our training sessions are no push over, we work you hard, but leave you feeling happy and enthusiastic, rather than exhausted and wondering how you will get through the rest of your day.

Group training has many benefits, exercising with a qualified instructor means you get the most out of your sessions and receive the best possible support and instruction. Training with other people keeps it fun and helps you stay motivated by having other people to work with rather than sweating it out on your own! Most importantly, group training is affordable, as you are only paying a small amount for a structured, professionally monitored workout.

Try us out with one **FREE** group training session, we know once you join us at a group training session you'll be happy to become a groupie!

**Monday 6:15am at Nth Narrabeen Oval**

**Tuesday 6:15pm at Turimetta Headland**

**Wednesday 6:15am at Nth Narrabeen Oval**

**Thursday 6:15pm at Turimetta Headland**

## Contact us

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**Goal Getters**  
making fitness fit