

Special Offers

10 week Blitz Pack 3 x 30 min Personal Training sessions

per week.

30 sessions for only \$690 (save \$510!)

Group Training Experience the fun of training with a group of friends.

1:4pp = \$15pp 1:3pp = \$20pp (35 min session)

Boxing for Fitness Guaranteed stress relief plus great cardio

and fat burning! One-on-one or small group boxing sessions available.

Corporate Fitness Corporate Fitness package tailored to

your needs - reap the rewards both physically and mentally for an improved working environment. Enquire today!

Train with a Friend Gain the benefits of Personal Training

with a friend for half price. Buy 1 session and get 50% off the 2nd session.

Life Coaching

Solution focused coaching programs designed to help you make bold changes

designed to help you make bold changes in your life.



Take the first step & enquire today!