

Personal Training

For those who want accountability and support on their health and wellbeing journey.

Kickstart (Members only)

3 x 60 min 1 on 1 sessions \$185.70

Direct Debit (Members only)

1 session per week - 60 min \$83.30

2 x sessions per week - 60 min \$166.60

1 session per week - 45 min \$66.00

2 x sessions per week - 45 min \$132.00

1 session per week - 30 min \$51.00

2 x sessions per week - 30 min \$102.00

1 x Small Group session per week - 60 min
(plus Full Access) \$32.50

Casual (Members and Non-Members)

1 on 1 - 60 min \$99.90

Group of 2 - 60 min \$104.50

1 on 1 - 45 min \$81.30

Group of 2 - 45 min \$86.00

1 on 1 - 30 min \$62.80

Group of 2 - 30 min \$67.40