

Welcome to Riverside Fitness

HOURS: Monday to Friday 5:00am to 8:00pm : Weekends 7:30am to 10:30am & 4:00 to 6:00pm.

Riverside Fitness is a fully-equipped, medium-sized gym located just behind the Regatta Hotel, in Toowong, near the Brisbane River.

Staffed by friendly fitness professionals across a range of disciplines, we've taken the best and worst aspects of our own gym experiences to create a centre that is all about attention, variety and results. How do we do it?

- With no pressure: No joining fee, no admin fee, just pay-by-the-month usage. (See Our Difference)
- With built-in motivation: We change your program every 6-8 weeks to keep you motivated.
- With stimulating fitness options for you: including Pilates, Personal training, Group Personal Training (Boot Camp) and Boxing.
- Personal attention to you: Our membership is capped at 300 as we believe in the power of personal attention. Our gym is never crowded. Our friendly staff will encourage and motivate you. You will see the results!
- With convenience: Open weekdays from 5am and free onsite parking.
- With great member benefits: including quality personal training at discounted rates and onsite massage.
- We are totally committed to providing value to you: Ask about our special rates for seniors, corporates and students.