

Corporate Fitness

Do you have some workmates interested in improving their fitness?

We offer a corporate rate for \$82.00 per month to join the gym.

Contact Michael on 0407 576 583 or email us to arrange a corporate rate for your company.

Mobile Program

We offer group or individual sessions at your workplace. All we need is a small space and willing participants.

We offer a 45 minute class or personal session for \$80.00. The session consists of boxing exercises, circuits, and core strength. Perfect middle of the day fitness blitz. We have highly qualified and motivated personal trainers ready to go.

Contact Michael on 0407 576 583 for enquiries and bookings.