

Personal training

SPECIAL OFFER TO NEW MEMBERS! - Book one personal training session and get a second one free. Call Riverside Fitness on 3870 0299.

At Riverside Fitness, personal training and group personal training rates for our members are very competitive.

Unless you're a highly motivated person with expert qualifications in health and fitness and extraordinary self-discipline, personal training or group personal training is a safe and effective approach to health and fitness.

The additional cost of hiring a personal trainer may be more than offset by the rate at which you will achieve your health and fitness goals. By definition, these professionals exist to personally guide and extend your progress, ultimately leading you to goals you might never have thought achievable.

Highly qualified trainers such as Michael take our members on a journey from initial goal to success, employing loads of innovation and variety along the way. Personal training sessions may be conducted on-site or at one of our many scenic riverside or park locations nearby.

Ask one of our friendly staff about personal training. The rate for members is only \$50.00 for 45 mins.

Group Personal Training (Boot Camp)

We run a friendly group personal training session (Boot Camp) that is suitable for all fitness levels. We work the body by running, push ups, core-work, team gains, power bag drill and group races.

It is fun fitness in a team environment.

Tuesdays and Thursdays (year round - join anytime) 5.30am - 6.30am

Cost \$160.00 for twelve sessions. Contact Michael on 0407 576 583.