

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
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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