

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	\$195.00
----------------------------	----------

Direct Debit (Members only)

1 session per week - 60 min	\$87.50
2 x sessions per week - 60 min	\$175.00
1 session per week - 45 min	\$69.30
2 x sessions per week - 45 min	\$138.60
1 session per week - 30 min	\$53.60
2 x sessions per week - 30 min	\$107.20
1 x Small Group session per week - 60 min (plus Full Access)	\$34.20

Casual (Members and Non-Members)

1 on 1 - 60 min	\$104.90
Group of 2 - 60 min	\$109.80
1 on 1 - 45 min	\$85.40
Group of 2 - 45 min	\$90.30
1 on 1 - 30 min	\$66.00
Group of 2 - 30 min	\$70.80