



Fitness Focus

Personal Training and Group Fitness Sessions

a personal and unique gym setting...

On a professional level:

- At Fitness Focus, we are determined to make your exercise experience totally enjoyable and completely safe.
- We provide a gym experience that is different from the often intimidating, commercial gym environment.
- Your exercise sessions will be individually designed to your needs & goals.
- You will love the variety of each session - no session is ever the same.

On a personal level:

- We are totally committed to YOU!
- You will notice the genuine care and support given, in helping you to achieve your fitness, fat loss and strength goals.



✓ Your Options...

PERSONAL TRAINING

1-2 people

Personal Training gives you:
Accountability, motivation, variety, correct technique,
injury prevention, and most of all, **Results!**

MEMBERSHIP

PERSONALISED WORKOUTS: Members will have the option of a planned workout ready for them when they arrive. Although participation is unsupervised, the workout is written by your trainer, specific to your needs. **Bookings required.** *Exclusive to Personal Training clients. Please check the hours of operation before committing to the membership option. A timetable will be available each term.*

GROUP PERSONAL TRAINING SESSIONS

3-5 people

These sessions enable you train with a few of your friends under the supervision and guidance of a personal trainer so that you don't compromise the quality and intensity of your exercise.

Each session will vary and could involve the use of fitballs, boxing equipment, weights, step, floor activities and/or some outdoor work.

CLASSES

CIRCUIT: Fitball, boxing, cardio, weights, step, floor work – will vary each week!

YOGA/PILATES: By qualified instructors

OUTDOOR: Beach, Park, outside activities.

Bookings are not necessary. Friends and non-members welcome.

BY APPOINTMENT ONLY

Contact Jill on 0417 395 544

Level 1/5 Graham Rd, HIGHETT (Just behind EZYBAY car wash on Bay Rd)