What to expect during your Fitness Centre Appointment

Program Design

- An opportunity to spend 1 hour one on one with a qualified health and fitness instructor.
- Have a personalised program designed with your goals and abilities in mind.
- Be given a personalised demonstration of each exercise in your program.
- Take home your personal program with opportunities for regular program reviews.

Progress Assessment

- Progress Assessments are tailored to meet your own individual needs.
- Undergo testing to track, monitor and evaluate your health and fitness progress.
- Receive a copy of your results to take home, while also having them saved on our database to easily compare results during future assessments.

Considerations

- Arrive on time for your appointment.
- Have something small to eat prior to appointment.
- Wear appropriate workout clothing, including footwear.
- Don't train prior to your appointment.
- Call 9905 4402 to reschedule if you can't make your appointment.