

YOUR PERSONAL TRAINER



Sarah is a highly regarded personal trainer with over 30 years of experience. She holds Certificate III and IV in Fitness and has university qualifications in Health Promotion and Ergonomics. She has held roles including fitness trainer and assessor, form and technique coach and coordinator, gym manager, rehabilitation case manager, nationally accredited boxing coach and aerobics instructor. She works closely with health professionals and has firsthand experience navigating chronic health conditions, injuries and menopause.

PERSONAL TRAINING



Personal training is a wise investment to protect your long-term health. Your personal trainer will ensure that you exercise safely and effectively, correct your form and technique, program your workouts and guide your load progression, while keeping you motivated and accountable. Build strength using cables, dumbbells and bars and improve aerobic capacity with boxing drills, steps, treadmill, bike, rower, rebounder, speedballs, slam balls and battle ropes.

SMALL GROUP PERSONAL TRAINING



Combining Personal Training with Small Group Personal Training (SGPT)- Resistance Training, CARDBOX and Flat Terrain Walks is cost effective and supports exercise adherence. Personal training allows skills to be explored and refined, while SGPT adds volume and variation across the week. SGPT provides individual guidance, spotting, programming, motivation and accountability at a fraction of the cost of personal training - support you won't receive in group fitness classes or on the gym floor.

RESISTANCE TRAINING



Enjoy the benefits of small group personal training while following your own program under the guidance of an experienced personal trainer. Your goals and training split are tailored to you and may include upper, lower and full body workouts. Resistance training preserves strength, balance and metabolism and is proven to be the most effective intervention to minimise muscle and bone loss associated with ageing, medication use, chronic illness and menopause.

CARDBOX



CARDBOX can be performed at low or high intensity and is ideal for anyone pursuing weight loss, aiming to boost aerobic fitness or managing a lower limb injury or disability. Padwork and speedball combinations and drills build speed and power. Learn the fundamentals in Personal Training then refine your technique in Small Group Personal Training. Whether you want to increase VO₂ Max, improve your cognition and memory or simply enjoy a fun workout, CARDBOX delivers.

FLAT TERRAIN WALKS



Our 10km trail walks at Mulligan's Flat Nature Reserve are fitness walks facilitated by a personal trainer - not leisurely strolls. If you fall behind, you will be encouraged to jog to catch up. Your personal trainer maintains a steady pace to keep you in your heart rate zone and build endurance. More advanced walkers may choose to use poles or a weighted vest. In inclement weather, an indoor cardio session (45 minutes) will run at our private studio.

WELLNESS COACHING



Your life is strongly influenced by the way you think and feel. A wellness coach supports personal growth by helping you adapt your mindset, implement strategies for achieving your goals and create a vision for your life. Wellness coaching is not therapy, although people experience therapeutic benefits. Your wellness coach will encourage you to take the necessary steps to improve the quality of your life. Wellness coaching is helpful when navigating weight loss and chronic health conditions.

FLOWER THERAPY



Flower therapy is a relaxing way to connect and gather with friends, celebrate occasions and is a unique activity for workplace team building days. Floral wreath workshops are recreational and therapeutic. Arranging flowers is relaxing, aromatic and focuses the mind. You will be guided to create a bespoke arrangement to take away with you or gift to someone special. Workshops are available for small groups on request.

RETREATS



Our three-day retreats take place in lush, luxurious Australian locations and include both nature and fitness walks, guided stretching, massage, relaxation, forest therapy and health education.

LOCATION

Our private studio is located near Mullion Park, with convenient free parking on Encounter Street Harrison.

PRIVATE STUDIO

Our private boutique studio has modern leafy decor, well maintained quality equipment and medical-grade germicidal lighting, anti-bacterial disinfectant fogging and air purification. Appointment based access allows a high standard of service, hygiene and safety.

SERVICES

Our services include Personal Training, Small Group Personal Training (CARDBOX, Resistance Training and Flat Terrain Walks), Flower Therapy, Allied Health Case Management, Wellness Coaching and Retreats.

PACKAGES

Autumn Package (May - October) - Registration 1 March. Spring Package (November - April) - Registration 1 September. No joining fees or memberships. New starters may join at any time.

Scan to connect with us and we will be in touch!
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