

IT'S TIME FOR CHANGE

Invest in your health today!

Change Coaching Australia's mission is to promote and inspire healthy lifestyle and mindset through connection with self, others, exercise and nature

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.

SHARED PERSONAL TRAINING



Shared personal training (Strength, Speedball, Padwork and Rucking) provides individual guidance, spotting, programming, motivation and accountability at a fraction of the cost of personal training (PT). SPT offers support you won't receive in group fitness classes or on the gym floor. SPT combined with PT supports exercise adherence. PT allows skills to be developed and refined, while SPT adds volume and variation across the week.

STRENGTH



Enjoy the benefits of shared 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.

CARDIOBOX



CARDIOBOX (Padwork and Speedball) can be performed at low or high intensity and is ideal for anyone wanting to build speed and power, pursue fat loss, boost aerobic fitness or manage a lower limb injury or disability. Learn the fundamentals in Personal Training then refine your technique in Shared Personal Training. Whether you want to increase aerobic capacity, improve your cognition and memory or simply enjoy a fun workout, CARDIOBOX delivers.

RUCKING



Our trail walks through various nature reserves are facilitated by a personal trainer and delivered as paced fitness walks, not leisurely strolls. Rucking builds strength, speed and stamina when load progressing from bodyweight to weighted vests or loaded rucksacks (poles optional). Your personal trainer maintains a steady pace to keep you in your heart rate zone and build endurance. Studio based cardio sessions are offered in inclement weather.

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 4 day, 3 night retreats take place in scenic Australian locations and include a nature walk, bespoke activity, retreat coordination, facilitation, logistics, support, daily breakfast and lunch.

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, Shared Personal Training (Padwork, Speedball, Strength and Rucking), Flower Therapy, Allied Health Case Management, Wellness Coaching and Retreats.

PACKAGES

Autumn Packages (May - October)
Spring Packages (November - April)
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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