



CHANGE COACHING
AUSTRALIA



PERSONAL TRAINING

PREVENTION COSTS LESS THAN REPAIR

CHOOSE A TIME THAT SUITS YOU

Scan the QR Code to view our timetable
55 and 85 minute timeslots available



WHAT TO EXPECT

Personal training is a wise investment to protect your long-term health. Your personal trainer will ensure that you exercise safely, 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 barbells and improve aerobic capacity with boxing drills, speedballs, steps, rucking, spin bikes, treadmills, rowers, battle ropes, rebounders and slam balls.



AUTUMN PACKAGES

Starts: May

Ends: October

No joining fees or memberships

SPRING PACKAGES

Starts: November

Ends: April

New starters may join at any time

www.changecoachingaustralia.com.au