



CHANGE COACHING AUSTRALIA

BENEFITS OF PERSONAL TRAINING

- ❖ Pay entry level rates for a personal trainer who has worked more than 30 years in the fitness industry
- ❖ Attend online when you can't make it in person
- ❖ Support, motivation and accountability
- ❖ Spotting, guidance and monitoring correct technique
- ❖ Programming, progressions and feedback to help you master skills and attain your goals
- ❖ Gain confidence with moving and handling equipment
- ❖ Safely push through physical and mental barriers
- ❖ Train in privacy and with efficiency – no need to share or wait for equipment to become available
- ❖ Access to a wide range of quality equipment
- ❖ Train in a private, low-traffic, hygienic studio with minimal shared equipment handling



SERVICES

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

PRIVATE STUDIO

Our private boutique studio is located on Nullarbor Ave Harrison, near Mullion Park, with convenient free parking on Encounter St Harrison. You will experience 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.

CONTACT US

Scan to connect and we will be in touch!



www.changecoachingaustralia.com.au