



CHANGE COACHING AUSTRALIA

BENEFITS OF RUCKING

- Reliable and structured to keep you accountable and consistent
- Paced for cardiovascular fitness
- Flat, joint friendly bike paths and nature trails - low impact
- Builds strength, speed and stamina
- Boosts mood and reduces stress
- Supports immune function
- Safer than walking alone
- Social and motivating



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.

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

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