



# CHANGE COACHING AUSTRALIA



## STRENGTH

### INDIVIDUAL SUPPORT IN A GROUP SETTING

### CHOOSE A TIME THAT SUITS YOU

Scan the QR Code to view our timetable  
Group bookings on request



### WHAT TO EXPECT

Share a personal trainer in a small group for a fraction of the cost of personal training. Your personal trainer will tailor your individual program and training split (upper, lower and full body workouts) to your goals and schedule and can provide spotting, guidance and support in your sessions as needed.

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.



### 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](http://www.changecoachingaustralia.com.au)