



CHANGE COACHING AUSTRALIA

BENEFITS OF STRENGTH

- 🌱 Improve functional strength, stability and mobility
- 🌱 Improve body composition by reducing fat and building muscle
- 🌱 Build and maintain bone density and muscle as you age, during menopause or while using GLP-1 medications
- 🌱 Steady gains from ongoing programming and consistent progressive overload



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

© Change Coaching Australia 2012