

Personal Training

Personal Training our Premium top rated service is conducted on a 1:1 in person basis. Appointments are scheduled in advance.

we work in 6 week packages or cycles and this includes:

Training / exercise,

Nutrition guidance / Diet accountability strategies

Lifestyle strategies

all aligned with your goals and lifestyle specifically to you.

This service starts with a 60 minute consultation and includes regular assessments to track progress. Great for those that lack confidence and uncertain of what to do to achieve their goals, committed to making changes for the better and those that have a deadline to meet

Small Group Training (SGT)

SGT also known as semi private training has similar elements as personal training but within a small group. maximum 4 people. This requires those in the group to have similar goals and availability. Great for those that want a more personalised regime but thrive well around others. Works well for big occasions and life events such as weddings. customized packages available.

Nutrition Lifestyle Coaching (NLC)

This program is for those people wanting guidance and support in relation to diet / nutrition as the main focus. We DO NOT just give out a diet plan and leave you too it. our approach is much more personalised and meaningful to each individual. Starting with an initial consultation, together you and your coach will determine your starting point and agree on achievable next steps working toward your goals and agree on reviews and assessment intervals. Support and guidance available throughout this program giving you reassurance, control and confidence

Other services

specialist or specific services:

Sports injury assessment / Rehab

Sports massage

Metabolic analytics assessment / BioPrint

FITcamp intensive group program

Kinetic Chain enhancement

1:1 Yoga practice & yoga massage

BETTER BODIES HP