

A NEW YOU IN 90 DAYS

Serious effort for serious results



FG 90 Plus

2 x one-to-one PT's sessions per week ● Unlimited HIIT classes
Unlimited gym access ● Nutritional planning and support
Deep tissue sports massage fortnightly



FG 90

2 x semi-private PT's sessions per week ● Unlimited HIIT classes
Unlimited gym access ● Nutritional planning and support



FG 90 Lite

1 x semi-private PT's sessions per week ● Unlimited HIIT classes
Unlimited gym access ● Nutritional planning and support
Programming via App

ABOUT US

Our qualifications and experience:-

- ▶ 40 years training and fitness experience
- ▶ First class degree with honours in sport and exercise science
- ▶ Masters degree in sports performance (distinction)

- ▶ Diploma in Personal Training
- ▶ Level 3 in personal training
- ▶ ACA in applied nutrition (Afn accredited) currently studying
- ▶ Over 10000 hours professional coaching
- ▶ SAQ (speed, agility, quickness) Level 'P' certified
- ▶ Crossfit Olympic lifting & I-course

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