

Open Gym

Don't need a coach during your workout but still want some guidance and a progressive routine to get you results? Sick of going to the large gyms?

Well we will have what you need! Our Open Gym hours will allow you to book a time spot and come in to workout following our TV's. Bring a friend or entire group and have some fun while you get the results you want!

Workouts will be in a circuit format and there may be other members working in on some of the equipment so make sure to play nice and share.

Results will vary but may include:

- Total body transformation.
- Long and Lean muscles.
- Improved posture.
- Improved awareness & overall wellbeing.
- Fat loss.
- Improved joint mechanics.
- Increased flexibility.
- Improved muscle performance and tone.
- Reduced stress.
- AND MORE!

