

Personal Training Session

Focusing on personalized fitness goals, this highly motivating session will target muscle groups with strength training and cardio components, to challenge your body and your mind.

60 minutes \$80.00

Personal Training 12 Session Pack

60 minutes \$840.00*

Personal Training Session

Get fit while having fun with a high intensity training session, incorporating strength and conditioning, cardio, speed and agility, plyometric drills, body weight exercises, skipping and boxing techniques. Designed to push you out of your comfort zone, to achieve maximum results in minimal time.

30 minutes \$50.00

Personal Training 12 Session Pack

30 minutes \$480.00*

Body Revive Flexibility Class

This full body stretch and relaxation class is designed to increase flexibility and calm the nervous system. Gentle mat exercises will help you to re-energize and gain focus, allowing you to switch off from your busy schedule to find inner peace and balance.

30 minutes \$15.00 pp

Body Revive Flexibility Class 10 Session Pack \$100.00*

Nutrition & Recovery Toolkit

For optimal results, the Nutrition & Recovery Tool Kit is an essential part of your Lifeforce Journey. Discover the importance of macronutrients and meal timings with simple nutritional guidelines, based on your body type. Start to implement systems to assist with optimal recovery from training by learning the importance of massage, steam and sauna, post workout supplementation, flexibility and rest.

\$80.00

*session packs are pre-paid in full