

SMART STRENGTH

Move smarter, get stronger
and feel more confident



Worried about strength training?

This program was designed for you. Especially if you feel like the ageing process is happening too rapidly or you struggle with Arthritis, Osteopenia or Osteoporosis.

If you need to build strength but you're nervous about lifting and hurting yourself, our practitioners will keep you safe and supported with supervised sessions

Tailored to your needs

- Smart Strength is the safest, friendliest way to get stronger, improve balance and physical longevity.

Build confidence with an exercise program designed for your ability, pain and injuries.



Take the first step

Start your journey with an initial 1:1 assessment to address your specific needs. We'll keep you motivated and accountable with weekly group classes to achieve your goals.

Thrive in an inclusive environment surrounded by like minded movers.



How it works

- 45 minute 1:1 initial assessment
- 60 minute weekly group classes

Price

- \$155 Initial consult
- \$40 Casual classes

6 Class Pass
\$210

Details

- Limited availability.
- Only 8 spots per class.
- 6 class pass must be used within an 8 week period.
- Paid up front and invoiced weekly.
- Book your initial appointment before your first class.

Class times



Tuesdays. 2-3pm

Thursdays. 10-11am