

What does Personal Training mean to you?

Does it mean...more energy, improved mental health, decreased stress, actually meeting your fitness goals, keeping consistent, education, and/or accountability?

That's what personal training means to us here at Trench Health and Fitness. In a nutshell Trench Personal Training means RESULTS!

Having a Personal Trainer to guide, motivate and instruct you on the best way to exercise is proven to be more effective than working out alone! The majority of people who see results in the gym have had or have a Personal Trainer.

How will Trench Personal Trainers get you results?

Our trainers provide you with a complete fitness appraisal before commencing any program, which includes medical screening, blood pressure, body fat measurement, body measurements, and fitness testing. This also includes an in-depth discussion on your goals and expectations to ensure that both you and your trainer are held accountable to each other to maximize your results.

Your trainer will then go away and develop a specific and personalised program around your specific goals, and together with on-going 4-6 week health appraisals, this will allow us to monitor and show you your progress!

Why are our personal trainers different to any other trainer out there?

Trench Health and Fitness have a strict process when hiring personal trainers – all our trainers are university qualified, experienced, passionate about their own health and fitness, and passionate about helping others achieve their goals. We have trainers both at the CBD Gym on Adelaide Terrace and at our Gym in Shenton Park.

If you are interested in more information please don't hesitate to contact Brad (brad@trenchhealth.com.au, 9382 2663) or Beth (beth@trenchhealth.com.au, 9325 8275).