

## Assessment task 1: Research & Design

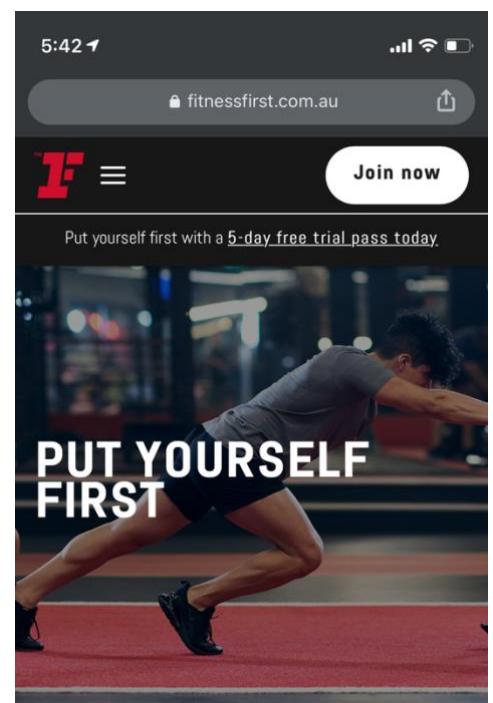
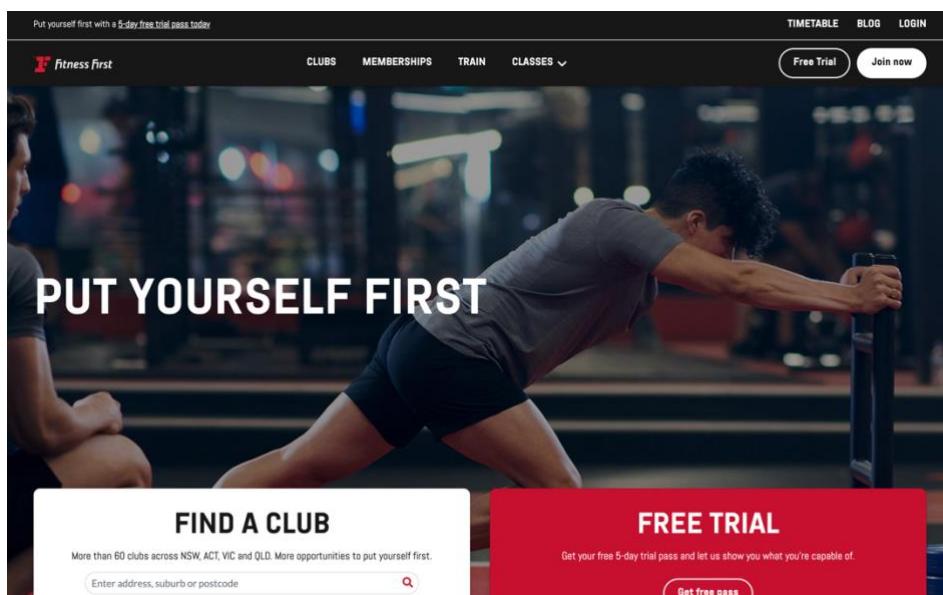
### **Research:**

The client that I decided to focus my design on is Team Fitness Centre<sup>1</sup> (<https://teamfitnesscentre.com.au/>). The website is very old and in desperate need for an update, the usability both on mobile and desktop are also somewhat difficult especially on mobile as the website was designed for desktop only. I aim to improve on the website's usability on both platforms.

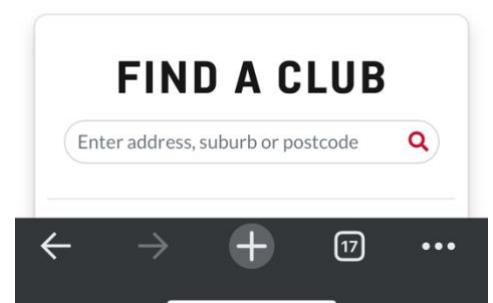
The four websites that I will use are going to be as follows:

- Fitness First: <https://www.fitnessfirst.com.au/>
- Define Fitness: <https://www.definefitness.com.au/>
- Galvanized Fitness: <https://www.galvanizedfitness.com.au/>
- ANU Sport: <https://anu-sport.com.au/fitness-centre>

### Fitness First:



Fitness First does a good job when presenting their website and, in my eyes, it is the best website out of the four. The nature of the website is easy to use both on mobile and on desktop although it is easier to find stuff and use on desktop. Both platforms make it easy for someone looking to join a gym to find out more about Fitness First and join quickly and easy. One of the first things you see is the free trial as it stands out as soon as you open the website on the desktop platform due to the bright red colour on the black and white background. The phone platform also shows a big JOIN NOW button which can be noticed as soon as the website is opened, this helps bring in more customers for the company as it urges customers to inquire further into the positives and negatives of the gym



<sup>1</sup> Team Fitness Centre, accessed Sep 1, 2021, <https://teamfitnesscentre.com.au/>

itself. They have kept the website design simple but not plain and boring which makes it more usable for customers no matter what age. One problem that I have noticed is that they have too much going happening on the homepage making it a bit difficult to find exactly what you want, they can fix this by adding a few more sub-headings in the header. The contrasts between the two platforms are negligible and the mobile platform is friendly and just as easy to use as its desktop counterpart.

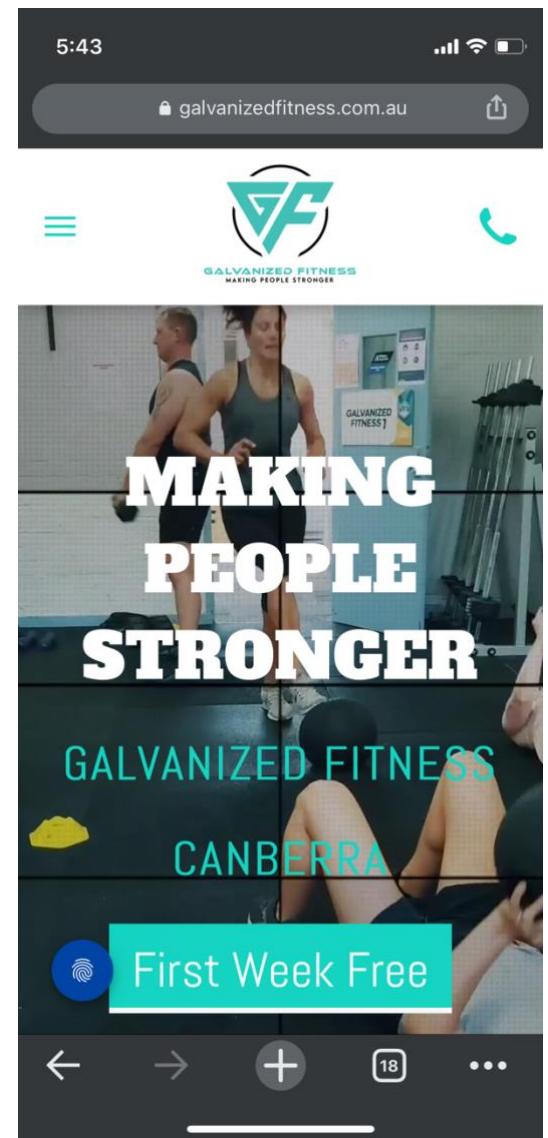
### Define Fitness:

Define Fitness' website is not as good as other websites, the finished product feels rushed and not complete. The desktop platform is better than its mobile equivalent, but it is still not great, the homepage is messy and the useless information outweighs the relevant information. I feel as though the website isn't quite complete and if they manage to put the correct information in the correct area and fix up the styling and orientation of the website it would be a lot better and more usable. As for the mobile platform, it is quite difficult to use as it feels as though they have tried to put just squeeze the information from the desktop version onto the mobile version which messes with the proportions and makes it less functional compared to the desktop version. The text on the mobile platform is too big for the screen so you feel as though you must zoom out a bit to get the full potential of the website. The menu is also difficult to use and takes many taps to actually get what you want, the categories of the sub-headings are also restrictive and problematic making it harder to get to the desired destination within the website. This is also common within the desktop platform but not as hard to use. Overall, it's a fine website just needs a little redesign to make it more efficient.

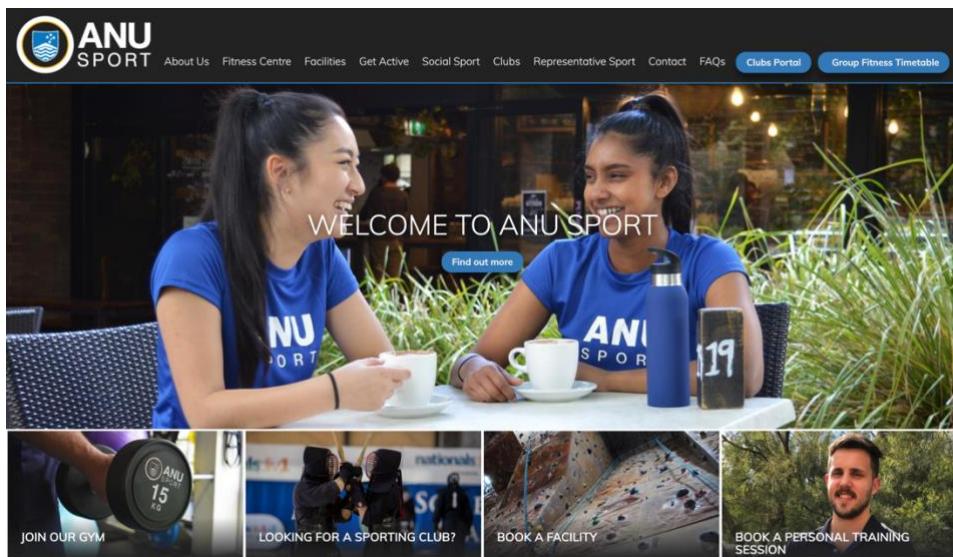
## Galvanized Fitness:



Galvanized Fitness have done a decent job with their website, I found it to be quite useful and easy to navigate and both platforms are just as good as each other. Both platforms allow anyone of any age to be able to use it with relative ease. I do feel as though they have added a bit too much information on the homepage but most of it is relevant so I'm not all that fussed about it. Personally, I find just a few problems with the design, for example the sub-headings on the desktop version of the website could be made to be a little more pleasing to the eye but it's not terrible. The main problem is the video playing on the tiles on the front page, they take too long to load and slow down the website considerably, I feel as though they could've made it into an asset onto another page and just had a photo of the gym in its position and the same goes for the mobile version as well in this case. Another problem is the blue fingerprint logo found in the bottom left of the screen which stays there as you scroll though the page, this is the setting for the page to make it more accessible for customers visiting the website, I do really like this idea however I believe they could've made it easy to understand by using a different logo so it's not as confusing for the customer on the website. Finally, I think they need to have a more prominent JOIN NOW button like the Fitness First website, so they get a better flow of people wanting to sign up or go on free trials. Overall, this is a good website with very good usability on both platforms.

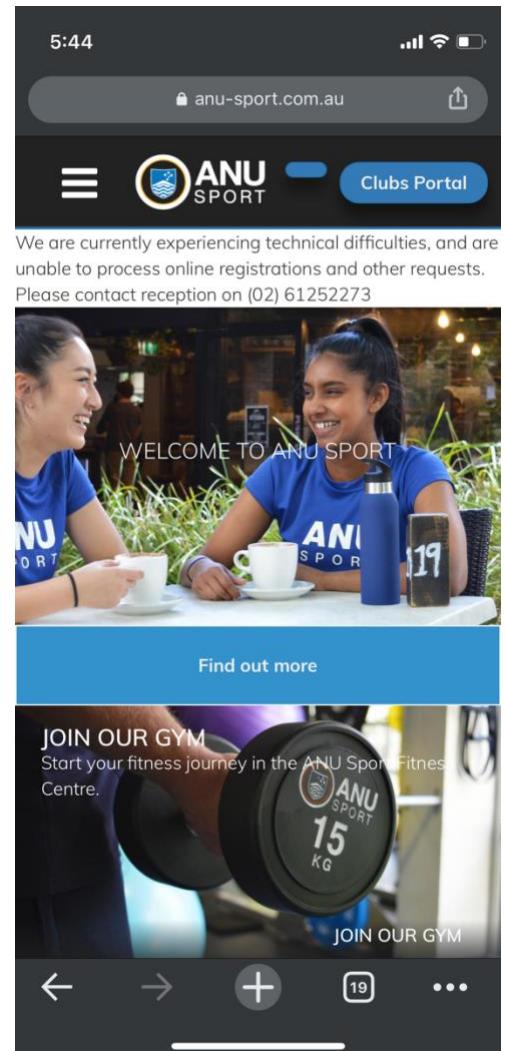


## ANU Sport:

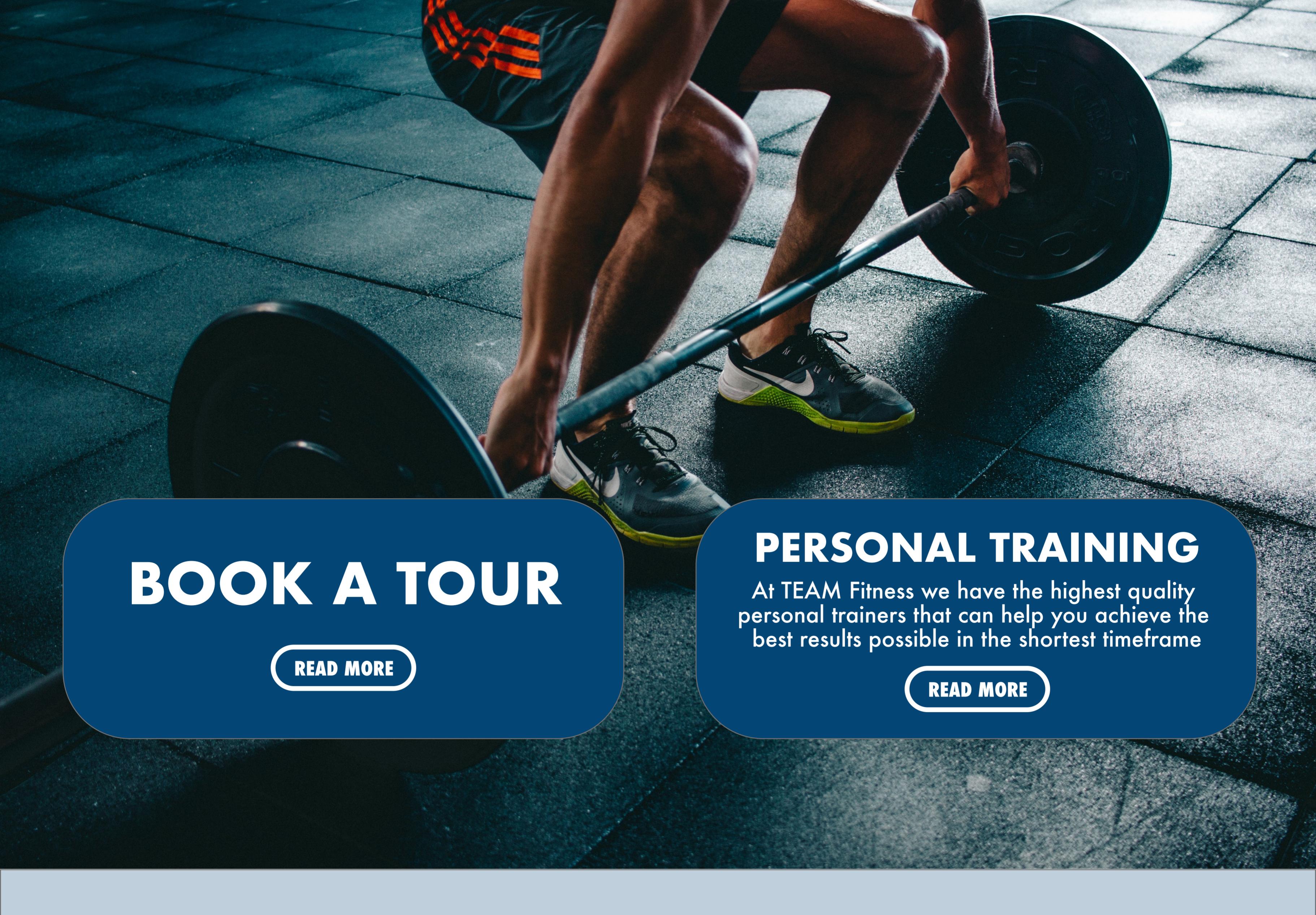


### News and Events

The ANU Sport website is quite a mess, the usability of this website is average and could be improved with a few design changes. The two platforms are similar in their nature however I do prefer the way the mobile platform's header is set out with the hamburger menu with the logo and I would also change the "Clubs Portal" button to something else. Other than the header everything else is sort of squished and not properly set out on the mobile platform of the website. I do like the different options on the homepage of the website, and I think they are very relevant. The rest of the website is quite hard to navigate as the sub-headings are too messy and don't give enough information about what it's representing. I also feel as though some of the sub-headings could be part of other sub-headings cleaning up the design of the page. The colours that they have used are also bland and boring meaning that there is nothing on the page that draws your eyes in, this makes the viewer must search for what they are looking for by then the viewer is already bored and clicked off to go to another website. This makes it difficult to get a good flow of customers, which means the only people going to the website are just people who already know what they want which limits the profits made from the website. Overall, I feel as though this website has some good points and some bad points and it could be made into something that is easy to use and profitable.



Regarding these websites, I will be able to take certain parts of each website to incorporate into the design of my client's website to make it better than what they are using at present. I do feel like this could take some time to create the best website for the client and I there isn't any website that is completely perfect in this world and there are always going to be problems with every website, but I will try my best to create something that ticks the best boxes.



## BOOK A TOUR

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## PERSONAL TRAINING

At TEAM Fitness we have the highest quality personal trainers that can help you achieve the best results possible in the shortest timeframe

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TEAM Fitness Centre is nestled in the heart of Dickson between The Tradies Club and the Dickson Swimming pool.

TEAM Fitness Centre is renowned for the quality and friendly service that is offered to all its members plus the fact they really care about the results that you want to achieve. TEAM Fitness Centre provides a non-intimidating training environment so that everyone can feel comfortable in the fully equipped facility.

You have plenty of training options at the TEAM. You can choose from one of their many classes, working with your own personal trainer or just using the facility at your own leisure.

Our team will guide you to achieve the best out of yourself with your training and we pride ourselves on providing a supportive and friendly experience for everyone who trains with us.

As a member of TEAM Fitness Centre you will have 24/7 access to our fully equipped centre including 5 Group Training areas, 3 free and machine weight training areas, huge cardio theatre, child minding, FREE parking and much more!

## PROUD PARTNERS



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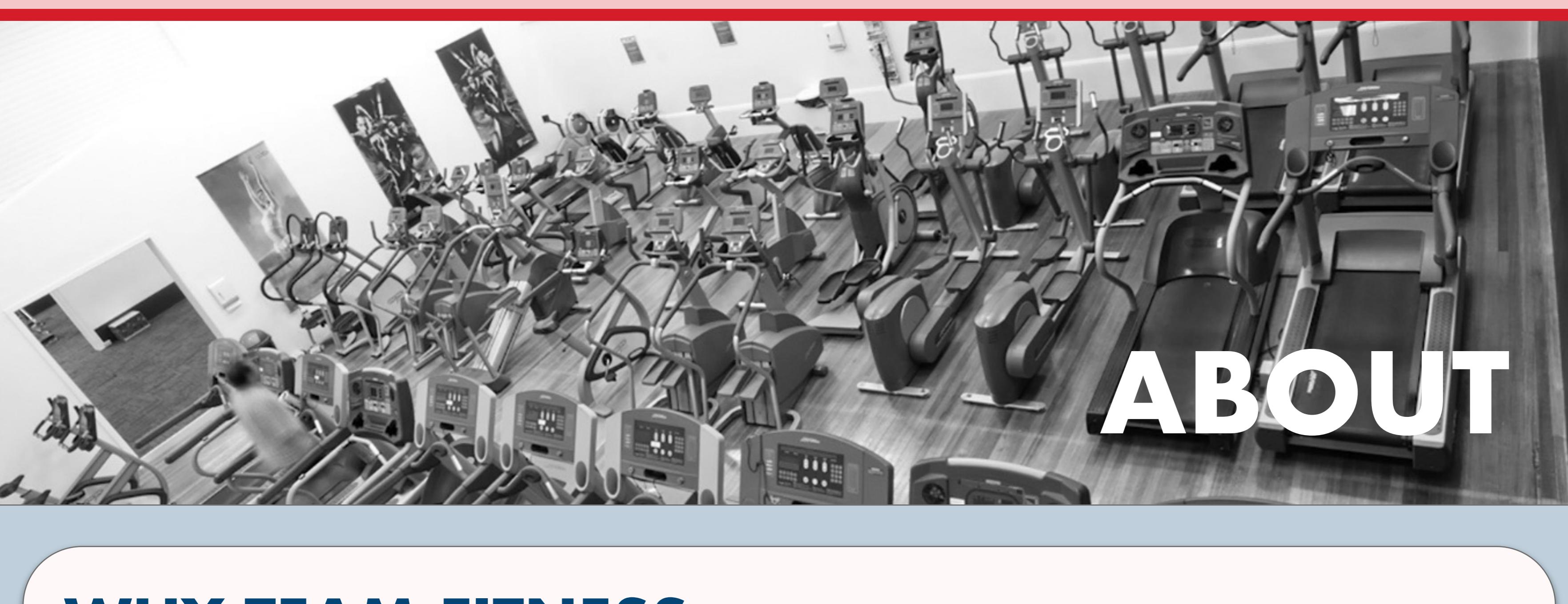
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## WHY TEAM FITNESS

The actual training centre at TEAM Fitness has been around for over 30 years and is one of Canberra's most long standing fitness centres. The TEAM Fitness team that you will be working with has a wealth of experience in the industry and they can guide you to get you motivated, stay motivated and achieve the best results possible!

Managing Director, Chris Lonsdale, has been in the industry for over 15 years and brings national and international experience to provide the best training facility around. Chris takes pride in having the highest quality trainers with the majority of them having over 5 years experience in the industry and are full time personal trainers which is rare in the fitness industry.

TEAM Fitness Centre offers everything that you would want in a training facility from small and large group training, personal training, group fitness, childminding and so much more. This extensive facility coupled with our teams passion for being the highest standard is the best combination for choosing a training centre to join up too.

TEAM Fitness brings experience, knowledge and proven long term results for client which is what keeps members coming and back and others wanting to work with the trainers at TEAM Fitness!

## OUR TEAM



### CHRIS (MANAGING DIRECTOR)

Chris has a total desire to help people achieve the body of their dreams! Chris begun in the fitness industry over 15 years ago after 6 years of tertiary study completing a 2 year full time Diploma of Fitness as well as a 4 year Degree in Physical Education majoring in Sports Science at the [...]

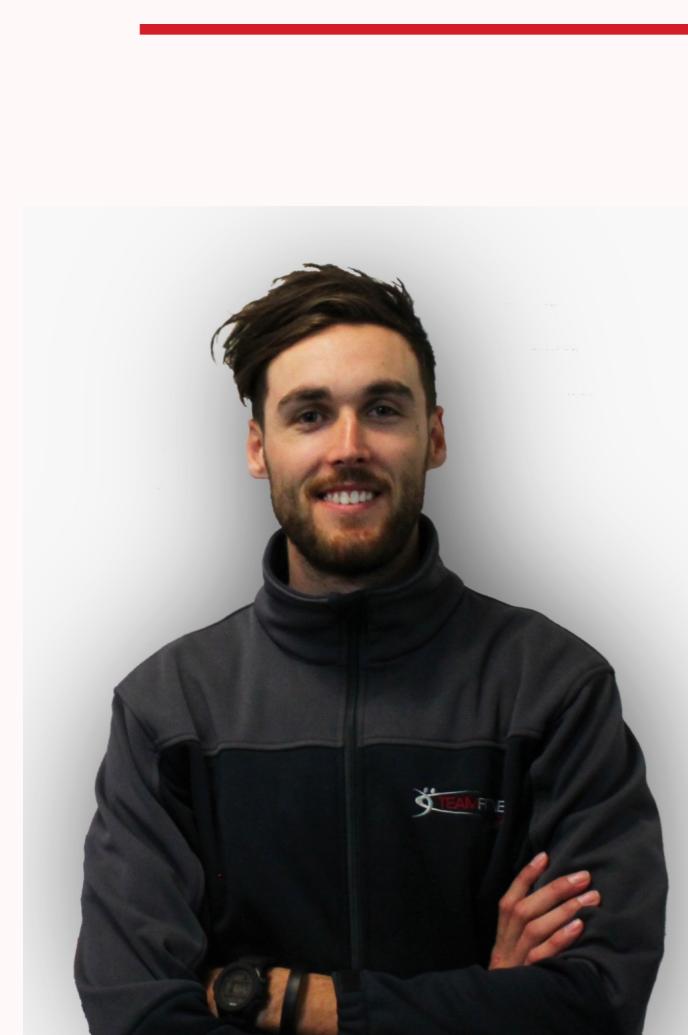
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### CAMERON (TRAINING COORDINATOR)

Qualifications held: Australian Weightlifting Federation Club Weightlifting/Sports Power Coach Level 1 Licence Powerlifting Australia Level 1 Coach Australian Rugby Union Coaching Licence ASADA Anti-Doping level 1 Level 1 & 2 Kettlebell certification Certificates 3 & 4 in Fitness First Aid & CPR Industry experience: Cam has been taught by some of the best coaches in [...]

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### AARON

Qualifications Cert 3 and 4 in fitness First Aid and CPR Kettlebell Level 1 accreditation Kettlebell Level 2 accreditation Industry Experience aron has been working as a Personal Trainer for 4 years and 2 years here at Team Fitness. You may have seen him around the gym taking Circuit classes, HITT classes, TEAM X, Buddy [...]

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### NATHAN (OPERATIONS MANAGER)

Qualifications ASCA Level 1 Strength and Conditioning Coach Powerlifting Australia Level 1 Coach ASADA Level 1 Anti-Doping Concepts of Optimal Function Certification Cert III in Fitness Cert IV in Fitness First Aid and CPR Industry Experience Nathan has been involved with the fitness industry since 2012 and has worked across several different roles. He has [...]

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### PHIL

Why did you join the fitness industry? I ran a small sales business for many years but felt I needed a new challenge. I love people and I love fitness so felt personal training would be the ideal career change for me. I'm certainly thankful that I made that decision as helping others improve their [...]

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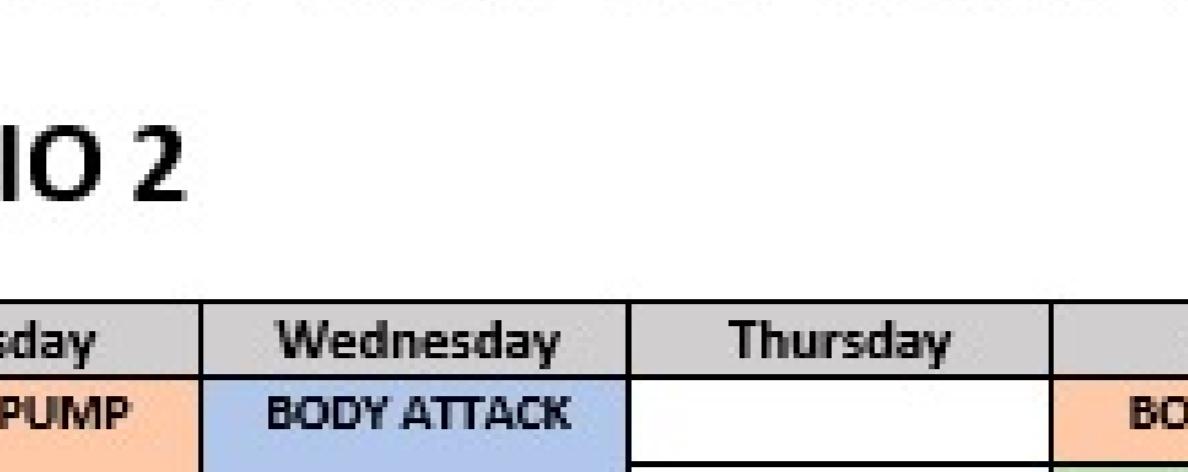
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# CLASSES



## GROUP FITNESS TIMETABLE

### GROUP FITNESS STUDIO 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	BODY ATTACK	BODY PUMP	BODY ATTACK		BODY PUMP			
6:30am								
7:00am								
7:30am								
8:45am						BODY PUMP		
9:00am							BODY BALANCE	
9:30am	FIT BALL	BODY PUMP	BODY BALANCE	BODY PUMP	FUNCTION BODYWEIGHT			
9:45am								
10:00am								
10:15am								
10:30am								
11:00am								
11:15am						BODY BALANCE		
12:15pm								
2:30pm		Lite Pace						
3:30pm								
5:30pm	ZUMBA	BODY PUMP	BODY BALANCE	BODY PUMP				
6:00pm					BODY PUMP			
6:30pm	BODY PUMP	BODY STEP	BODY PUMP	CX WORX				
7:00pm								
7:30pm								
8:00pm								

### CYCLE STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Instructor)		CYCLE (Instructor)		
9.00am						CYCLE (Instructor)	CYCLE (Instructor)
9.30am	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)		
10.30am						CYCLE (Virtual)	CYCLE (Virtual)
12.30pm	CYCLE (Virtual)						
6.00pm	CYCLE (Instructor)	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Instructor)	CYCLE (Virtual)		

## CLASS DESCRIPTIONS

### BODYATTACK (60 MINUTES)

BODYATTACK is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and agility exercises. BODYATTACK is for everyone with all different fitness levels as the moves can be modified to suit individuals. Benefits of BODYATTACK include a great calorie burn, increased your heart and lung capacity and improved coordination and agility through a full-body cardio workout. What better way to get fit, stay fit and get fitter!

### BODYATTACK EXPRESS (30 MINUTES)

A 30 minute format, focusing on cardio and aerobic moves only, a great workout for those short on time, or the ultimate workout when combined with CXWORX – the greatest core busting workout!

### BODYBALANCE (60 MINUTES)

A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates leaving you feeling centred and calm. BODYBALANCE brings mind and body into perfect harmony and provides a lasting sense of well-being and calm. Benefits to attending BODYBALANCE regularly include improved joint flexibility and range of movement, increased core strength and reduced stress levels. BODYBALANCE incorporates relaxation, providing you with time to focus your mind and raise your level of consciousness. Try this revolutionary, holistic approach to fitness today!

### BODYBALANCE EXPRESS (30 MINUTES)

Focussing only on flexibility through Tai Chi and Yoga, this is the perfect class for those short on time or looking to supplement existing training programs with flexibility training. Try combining this class with CXWORX – the ultimate core busting workout!

### BODYPUMP (60 MINUTES)

BODYPUMP is the original barbell and weights class! Using the proven formula: The Rep Effect, BODY PUMP focuses on low weights with high repetition movements, you'll burn fat, gain strength and quickly produce lean muscle – without the bulk. Great bodies aren't born, they are transformed! BODYPUMP works its way through individual muscle groups, providing a total body workout improving functional strength for your everyday life. Try BODYPUMP today and experience the benefits yourself!

### BODYPUMP EXPRESS (30 MINUTES)

A 30 minute format focussing only on the large muscle groups to burn fat, gain strength and produce that lean muscle! Perfect for those short on time, new to weights, or an amazing strength session when combined with CXWORX!

### BODYSTEP (60 MINUTES)

BODYSTEP is the energizing step workout that makes you feel liberated and alive! Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music while toning your hips, buns and thighs! The high energy cardio workout will burn loads of calories for a leaner body, and without realising it you'll be improving your coordination and overall fitness levels! Discover today why this class has been so popular over the decades!

### CXWORX (30 MINUTES)

Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX is for you! The ultimate 30 minute core blasting workout! Targeting the muscles from your hips to your shoulders, CXWORX is ideal for toning your tummy and butt, while also improving functional strength and assisting with injury prevention.

### RPM/SPIN (45 MINUTES)

Take the ultimate ride! RPM takes on the terrain through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – while increasing your cardiovascular fitness, burn fat, tone and shape your legs, hips, and butt. Get in the zone and find out why RPM is totally addictive and reach your endorphin high! SPIN is a free style cycling class concentrating on endurance, perfect for improving your stamina.

### ZUMBA (60 MINUTES)

ZUMBA is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Ditch the work-out, join the party with ZUMBA!

### FIT BALL (60 MINUTES)

FIT BALL is an excellent body-sculpting and shaping class utilizing the Swiss-Ball and light hand weights.

### LITE PACE (60 MINUTES)

LITE PACE is an interval workout that combines medium intensity cardio, resistance, core and stability work. This class is suitable for post-pregnant women, those with injury concerns or those just looking for a lighter paced workout!

### FUNCTIONAL BODY WEIGHT (30 MINUTES)

Functional Body Weight is run by our Personal Training team where participants work through a range of body weight strength, mobility and agility movements. These classes are for all levels of fitness and is a great way to build overall strength, conditioning and robustness.

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# CONTACT

## CONTACT FORM

WE ARE CURRENTLY EXPERIENCING TECHNICAL DIFFICULTIES WITH OUR INQUIRY FORM.  
PLEASE EMAIL ANY INQUIRIES TO [SALES@TEAMFITNESS.COM.AU](mailto:SALES@TEAMFITNESS.COM.AU) OR CALL US ON (02) 6162 5633

\* All fields required

Please fill in your details below. We will then be in contact with you to organise a time for you to come in and have a tour of the facilities and we can find the membership option that suits you!

**Name (required)**

**Email (required)**

**Phone Number (required)**

**Type of Enquiry (Required)**

General Enquiry

**Day that suits you best for a tour: (required)**

ASAP

**Time that suits you best: (required)**

9-11am

**Main training goal: (required)**

Lose weight

**How did you hear about us:**

Another member or client

**Comments:**

## CONTACT DETAILS

**PHONE:** (02) 6162 5633

**FAX:** (02) 6162 5636

**EMAIL:** [info@teamfitnesscentre.com.au](mailto:info@teamfitnesscentre.com.au)

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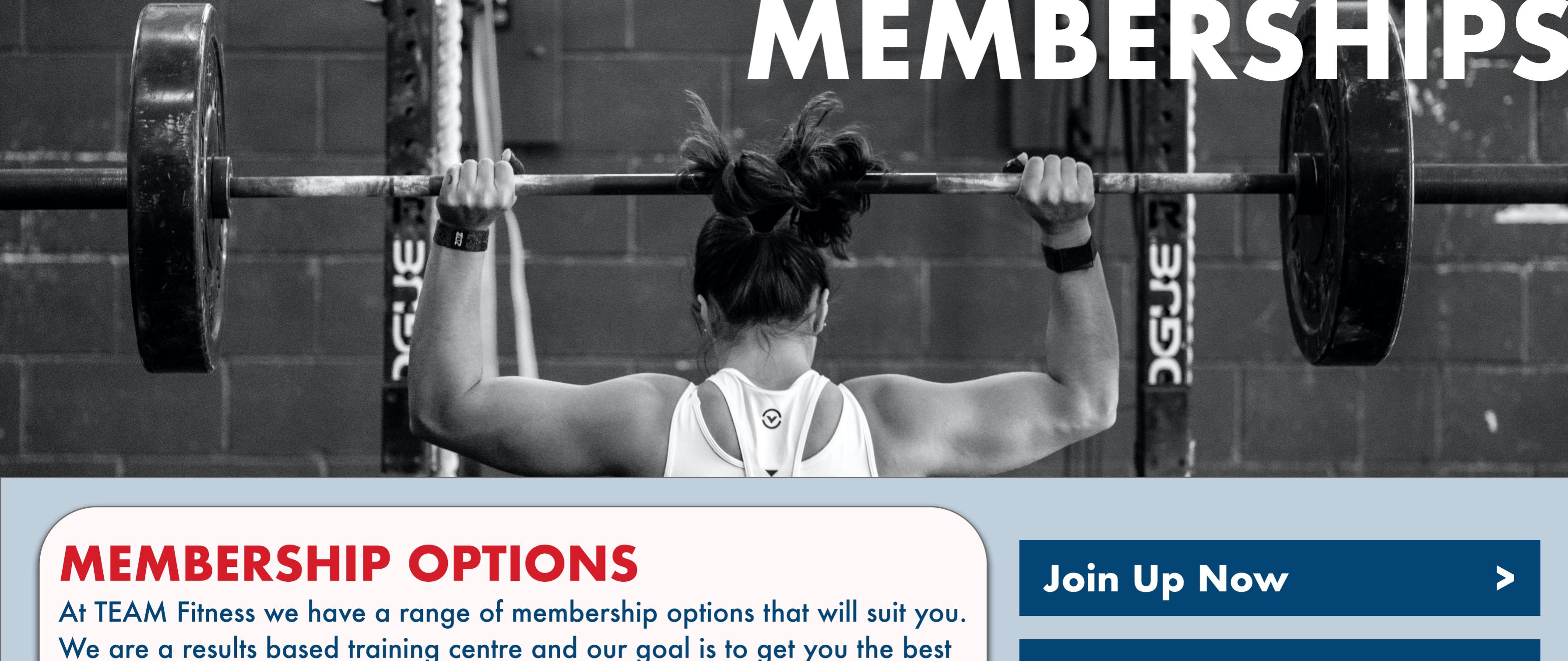
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# MEMBERSHIPS



## MEMBERSHIP OPTIONS

At TEAM Fitness we have a range of membership options that will suit you. We are a results based training centre and our goal is to get you the best results possible and we will help you find a membership that suits you best!

[Join Up Now >](#)
[Book a Tour >](#)

### CLUB ACCESS MEMBERSHIP

This is one of our most popular memberships. This option provides you with full facility access 24 hours a day 7 days a week to all areas of our training centre. As a member with this membership you will have access to our weight and cardio training areas PLUS full access to all our Group Fitness Classes including Les Mills, boxing, circuit classes and more.

This membership suits the person who is self sufficient in the gym and would like to explore our variety of training options.

### COMPLETE TRAINING MEMBERSHIP

This is our most comprehensive membership option as you will be working with your very own Personal Trainer right from the start. Your Personal Trainer will provide you with everything you need to know to achieve results fast. Everything will be personalised and catered to your needs!

Every week your trainer will be working with you to:

- Assist you in goal setting and giving you the tools to achieve them
- Regularly assess and track your progress
- Provide you with your own personal training program
- Provide variety each week to keep your training interesting
- Coach you through correct training technique
- Keep training safe, challenging and fun!

This membership suits the person who wants the best results possible and is ready to learn the tools for success. This membership is by far the best option if you are committed to getting the best results for your body!

### STUDENT AND PENSIONER MEMBERSHIPS

We have discounted memberships for students and pensioners at TEAM Fitness Training Centre. Once you BOOK A TOUR you can find out more about the membership that suits you and the discounts available.

## JOIN UP NOW

### HOW TO JOIN:

Follow the simple steps below and you are on your way to new and improved health & fitness:

1. Contact us to find out more about the training options that we have at TEAM Fitness
2. We will then be in contact to make a time that suits you to come in and have a look at our fitness centre and find out more about our programs
3. We will then help you work out what membership option suits you best!

Aside from the numerous Health and Fitness Benefits associated with being a TEAM member, there are also a number of other fantastic benefits from Our Associates.

## Book a Tour

AT TEAM Fitness Centre we like to take the time to show every potential member around the facility so you can see what we have and you are familiar with where everything is. We also like to find out what you would like to achieve and in what timeframe so we can find the membership that will best suit you.

Please fill in your details below. We will then be in contact with you to organise a time for you to come in and have a tour of the facilities and we can find the membership option that suits you!

**Name (required)**

**Email (required)**

**Phone Number (required)**

**Type of Enquiry (Required)**

General Enquiry

**Day that suits you best for a tour: (required)**

ASAP

**Time that suits you best: (required)**

9-11am

**Main training goal: (required)**

Lose weight

**How did you hear about us:**

Another member or client

**Comments:**

**SEND**

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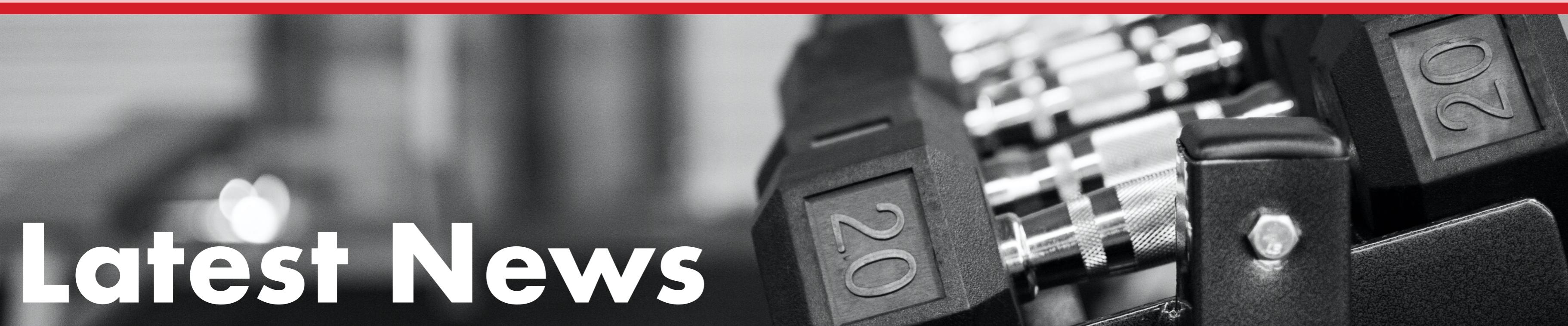
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# Latest News

## TEAM FITNESS GOES FROM CITY2SURF!

It was another great weekend with a group of 30 TEAM Fitness runners heading up to Sydney to take on the 14km City2Surf Fun Run. Well done to all our TEAM who successfully got through the run with plenty of new people taking part as well as some regular TEAM runners achieving personal best times!

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## TRAIN THE TRAINER RAISES \$12,000 FOR CHARITY

At our Xmas Party we gave clients the chance to get pay back on our trainers with a Train the Trainer Auction! It was a heated battle between a lot of clients who wanted to get their trainer back but no one was going to beat the highest bid of 12k to ensure that our [...]

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## TEAM FITNESS TAKES ON TOUGH MUDDER!

TEAM Fitness yet again took on Tough Mudder and won! This year we took over 50 people up to the Tough Mudder course in Sydney and worked together as a group to complete the 20km course through, mud, obstacles and more mud! It was a huge effort by everyone to work together and get every [...]

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## 24HR RIDE FOR CHARITY!

Our Group Fitness RPM TEAM took on the challenge to run an RPM class for 24hrs. They rode all through the night and we had a huge number of members come in at different points and join in on the class. Thankyou to everyone who took part and we raised over \$3000 for local charities!

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# PERSONAL TRAINING

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Personal training is an increasingly popular and effective style of gym training that puts you one-on-one with a qualified and experienced trainer. Once a privilege of the rich and famous, personal training is now an affordable training option for everyday people.

At TEAM Fitness, we pride ourselves on being the best in the business with over a decade of hands-on experience working with individuals just like you. We have proven methods and trainers that care – training with TEAM Fitness puts you in the hands of the very best.

### HERE ARE 4 REASONS TO TAKE UP PERSONAL TRAINING WITH TEAM FITNESS:

#### IT'S ALL ABOUT YOU

Every session you do with your personal trainer is focussed on your own personal needs, goals and areas of interest. You will be given effective advice on ways to accelerate towards your goals, as well as practical solutions to things you may be finding difficult. Personal training with TEAM Fitness allows you to tap into the wealth of knowledge of all our professional trainers. This individual focus is certainly the best way for you to see fast results.

#### UNIQUE TRAINING

Each session will be unique and designed specifically for you. Our trainers like to mix it up and provide constant challenges for you. One day you might be lifting weights in the gym, the next day you could be exercising outdoors. TEAM Fitness include a wide variety of activities in your training sessions and we aim to keep every session different. You will find that this method of training is not only effective in maintaining motivation, but most enjoyable. You are sure to find an exercise regime that you enjoy and strongly benefit from.

#### A NEW LEASE ON LIFE

Personal training involves a lot more than just one session each week. Your trainer will make sure you know what you need to be doing from the time you leave the gym to when you see your trainer the following week. This includes an exercise program with a balance of weights and cardio, depending on your goal, as well as information and guidelines on how to structure your nutrition and lifestyle to increase your results. Personal training sessions provide a unique opportunity to learn a lot more about healthy living and making your results last a lifetime.

#### TAKE ON THE CHALLENGE

Personal training is challenging. With just you and the instructor, there is no place to hide! Personal training sessions with TEAM Fitness are always progressive and never the same. We always make sure that you are challenged more and more each session to ensure improvements keep coming and you remain motivated.

Personal training is without a doubt the most effective, targeted way to get you on track to your goals. Come and give it a go – you will be impressed with your results!

"I have been training for over ten years in the gym on my own. After a few personal training sessions I now realise how ineffective my training was compared to the TEAM Fitness training intensity. I am frustrated about the years I spent wasting my time but very excited about getting it right now, and making it last" – Andrew

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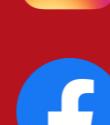
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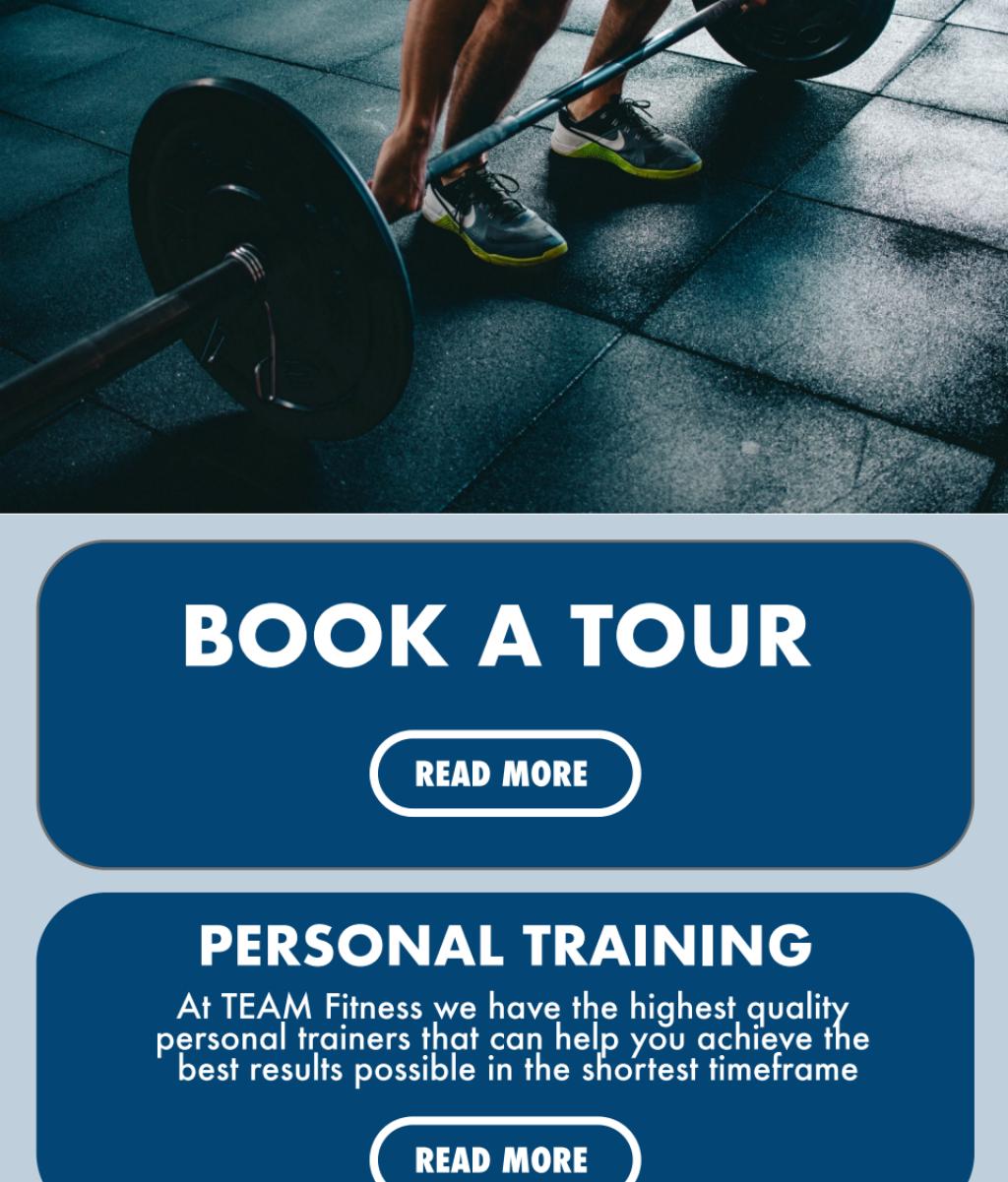
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You have plenty of training options at the TEAM. You can choose from one of their many classes, working with your own personal trainer or just using the facility at your own leisure.

Our team will guide you to achieve the best out of yourself with your training and we pride ourselves on providing a supportive and friendly experience for everyone who trains with us.

As a member of TEAM Fitness Centre you will have 24/7 access to our fully equipped centre including 5 Group Training areas, 3 free and machine weight training areas, huge cardio theatre, child minding, FREE parking and much more!

## PROUD PARTNERS



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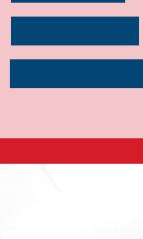
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## WHY TEAM FITNESS

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Managing Director, Chris Lonsdale, has been in the industry for over 15 years and brings national and international experience to provide the best training facility around. Chris takes pride in having the highest quality trainers with the majority of them having over 5 years experience in the industry and are full time personal trainers which is rare in the fitness industry.

TEAM Fitness Centre offers everything that you would want in a training facility from small and large group training, personal training, group fitness, childminding and so much more. This extensive facility coupled with our teams passion for being the highest standard is the best combination for choosing a training centre to join up too.

TEAM Fitness brings experience, knowledge and proven long term results for client which is what keeps members coming and back and others wanting to work with the trainers at TEAM Fitness!

### OUR TEAM



#### CHRIS (MANAGING DIRECTOR)



#### CAMERON (TRAINING COORDINATOR)



#### AARON



#### NATHAN (OPERATIONS)



#### PHIL

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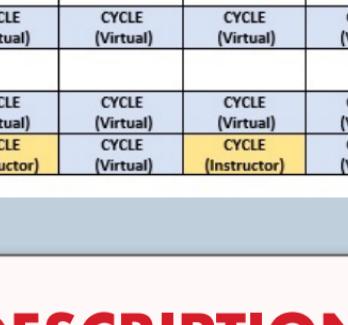
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## GROUP FITNESS TIMETABLE

### GROUP FITNESS STUDIO 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	BODY ATTACK	BODY PUMP	BODY ATTACK		BODY PUMP		
6:30am					CX WORX		
7:00am							
7:30am							
8:45am							
9:00am						BODY PUMP	BODY BALANCE
9:30am	FIT BALL	BODY PUMP	BODY BALANCE	BODY PUMP	FUNCTION BODYWEIGHT		
9:45am						CX WORX	
10:00am						BODY ATTACK	BODY PUMP
10:15am			CX WORX				
10:30am							
11:00am						BODY BALANCE	
11:15am							
12:15pm							
2:30pm		Lite Pace					
3:30pm							
5:30pm	ZUMBA	BODY PUMP	BODY BALANCE	BODY PUMP			
6:00pm					BODY PUMP		
6:30pm	BODY PUMP	BODY STEP	BODY PUMP	CX WORX			
7:00pm				BODY BALANCE			
7:30pm							
8:00pm							

### CYCLE STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Instructor)		CYCLE (Instructor)		
9.00am						CYCLE (Instructor)	CYCLE (Instructor)
9.30am	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)		
10.30am						CYCLE (Virtual)	CYCLE (Virtual)
12.30pm	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)		
6.00pm	CYCLE (Instructor)	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)		

## CLASS DESCRIPTIONS

### BODYATTACK (60 MINUTES)

BODYATTACK is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and agility exercises.

BODYATTACK is for everyone with all different fitness levels as the moves can be modified to suit individuals. Benefits of BODYATTACK include a great calorie burn, increased your heart and lung capacity and improved coordination and agility through a full-body cardio workout. What better way to get fit, stay fit and get fitter!

### BODYATTACK EXPRESS (30 MINUTES)

A 30 minute format focussing on cardio and aerobic moves only, a great workout for those short on time, or the ultimate workout when combined with CXWORX – the greatest core busting workout!

### BODYBALANCE (60 MINUTES)

A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates leaving you feeling centred and calm. BODYBALANCE brings mind and body into perfect harmony and provides a lasting sense of well-being and calm. Benefits to attending BODYBALANCE regularly include improved joint flexibility and range of movement, increased core strength and reduced stress levels.

BODYBALANCE incorporates relaxation, providing you with time to focus your mind and raise your level of consciousness. Try this revolutionary, holistic approach to fitness today!

### BODYBALANCE EXPRESS (30 MINUTES)

Focussing only on flexibility through Tai Chi and Yoga, this is the perfect class for those short on time or looking to supplement existing training programs with flexibility training. Try combining this class with CXWORX – the ultimate core busting workout!

### BODYPUMP (60 MINUTES)

BODYPUMP is the original barbell and weights class! Using the proven formula: The Rep Effect, BODYPUMP focuses on low weights with high repetition movements, you'll burn fat, gain strength and quickly produce lean muscle – without the bulk. Great bodies aren't born, they are transformed! BODYPUMP works its way through individual muscle groups, providing a total body workout improving functional strength for your everyday life. Try BODYPUMP today and experience the benefits yourself!

### BODYPUMP EXPRESS (30 MINUTES)

A 30 minute format focussing only on the large muscle groups to burn fat, gain strength and produce that lean muscle!

Perfect for those short on time, new to weights, or an amazing strength session when combined with CXWORX!

### BODYSTEP (60 MINUTES)

BODYSTEP is the energizing step workout that makes you feel liberated and alive! Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music while toning your hips, buns and thighs! The high energy cardio workout will burn loads of calories for a leaner body, and without realising it you'll be improving your coordination and overall fitness levels!

Discover today why this class has been so popular over the decades!

### CXWORX (30 MINUTES)

Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX is for you! The ultimate 30 minute core blasting workout! Targeting the muscles from your hips to your shoulders, CXWORX is ideal for toning your tummy and butt, while also improving functional strength and assisting with injury prevention.

### RPM/SPIN (45 MINUTES)

Take the ultimate ride! RPM takes on the terrain through hills, flats, mountain peaks,

time trials, and interval training. Discover your athlete within – while increasing your cardiovascular fitness, burn fat, tone and

shape your legs, hips, and butt. Get in the zone and find out why RPM is totally addictive and reach your endorphin high!

SPIN is a free style cycling class concentrating on endurance, perfect for improving your stamina.

### ZUMBA (60 MINUTES)

ZUMBA is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Ditch the

workout, join the party with ZUMBA!

### FIT BALL (60 MINUTES)

FIT BALL is an excellent body-sculpting and shaping class utilizing the Swiss-Ball and light hand weights.

It's a great way to tone and firm your body while getting a great core workout.

### LITE PACE (60 MINUTES)

LITE PACE is an interval workout that combines medium intensity cardio, resistance, core and stability work. This

class is suitable for post-pregnant women, those with injury concerns or those just

looking for a lighter paced workout.

### FUNCTIONAL BODY WEIGHT (30 MINUTES)

Functional Body Weight is run by our Personal Training team where participants work through a range of body weight

strength, mobility and agility movements. These classes are for all levels of fitness and

is a great way to build overall strength, conditioning and robustness.

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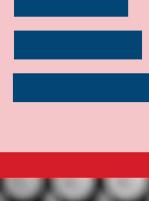
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## CONTACT

### CONTACT DETAILS

**PHONE:** (02) 6162 5633

**FAX:** (02) 6162 5636

**EMAIL:** [info@teamfitnesscentre.com.au](mailto:info@teamfitnesscentre.com.au)

**ADDRESS:** 79 Dickson Place, Dickson ACT, 2602

### CONTACT FORM

WE ARE CURRENTLY EXPERIENCING TECHNICAL DIFFICULTIES WITH OUR INQUIRY FORM.  
PLEASE EMAIL ANY INQUIRIES TO [SALES@TEAMFITNESS.COM.AU](mailto:SALES@TEAMFITNESS.COM.AU) OR CALL US ON (02) 6162 5633

\* All fields required

Please fill in your details below. We will then be in contact with you to organise a time for you to come in and have a tour of the facilities and we can find the membership option that suits you!

**Name (required)**

**Email (required)**

**Phone Number (required)**

**Type of Enquiry (Required)**

General Enquiry

**Day that suits you best for a tour: (required)**

ASAP

**Time that suits you best: (required)**

9-11am

**Main training goal: (required)**

Lose weight

**How did you hear about us:**

Another member or client

**Comments:**

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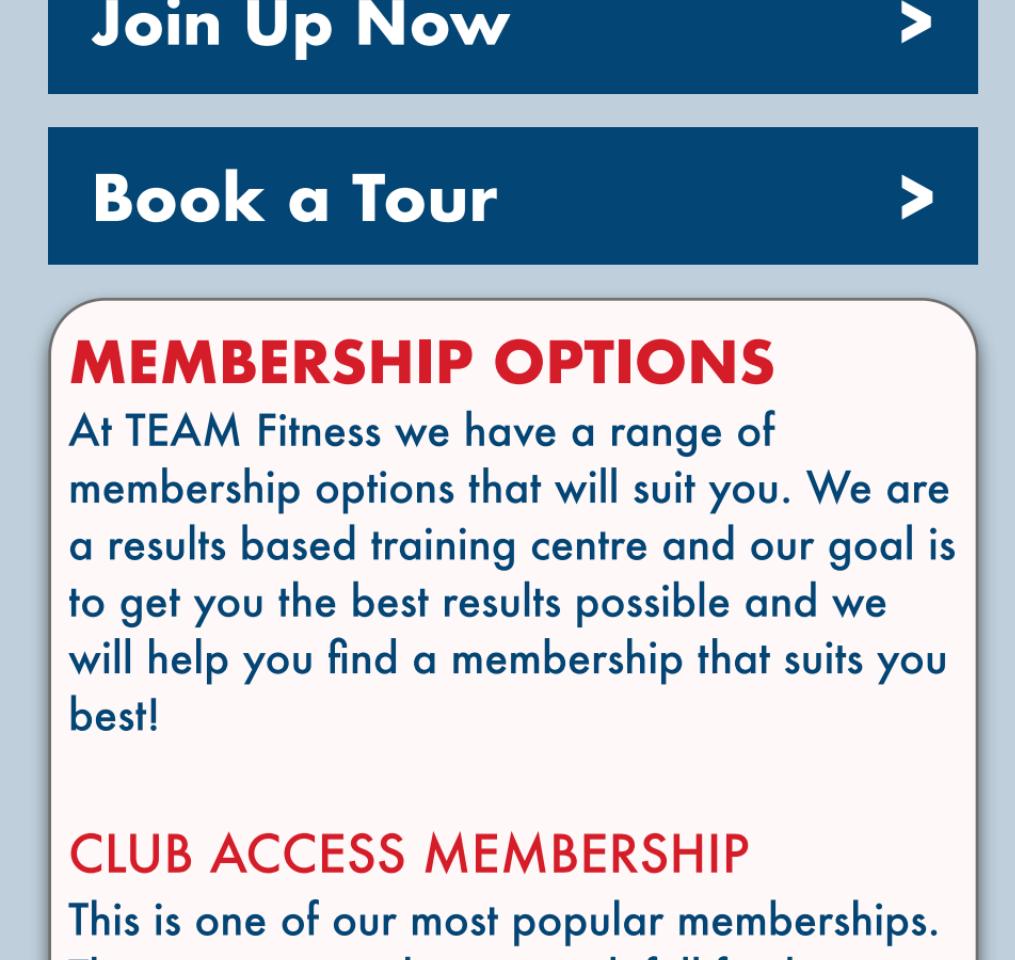


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## MEMBERSHIPS

**Join Up Now**



**Book a Tour**



### MEMBERSHIP OPTIONS

At TEAM Fitness we have a range of membership options that will suit you. We are a results based training centre and our goal is to get you the best results possible and we will help you find a membership that suits you best!

#### CLUB ACCESS MEMBERSHIP

This is one of our most popular memberships. This option provides you with full facility access 24 hours a day 7 days a week to all areas of our training centre. As a member with this membership you will have access to our weight and cardio training areas PLUS full access to all our Group Fitness Classes including Les Mills, boxing, circuit classes and more.

This membership suits the person who is self sufficient in the gym and would like to explore our variety of training options.

#### COMPLETE TRAINING MEMBERSHIP

This is our most comprehensive membership option as you will be working with your very own Personal Trainer right from the start. Your Personal Trainer will provide you with everything you need to know to achieve results fast. Everything will be personalised and catered to your needs!

Every week your trainer will be working with you to:

- Assist you in goal setting and giving you the tools to achieve them
- Regularly assess and track your progress
- Provide you with your own personal training program
- Provide variety each week to keep your training interesting
- Coach you through correct training technique
- Keep training safe, challenging and fun!

This membership suits the person who wants the best results possible and is ready to learn the tools for success. This membership is by far the best option if you are committed to getting the best results for your body!

#### STUDENT AND PENSIONER MEMBERSHIPS

We have discounted memberships for students and pensioners at TEAM Fitness Training Centre. Once you BOOK A TOUR you can find out more about the membership that suits you and the discounts available.

### JOIN UP NOW

#### HOW TO JOIN:

Follow the simple steps below and you are on your way to new and improved health & fitness:

1. Contact us to find out more about the training options that we have at TEAM Fitness
2. We will then be in contact to make a time that suits you to come in and have a look at our fitness centre and find out more about our programs
3. We will then help you work out what membership option suits you best!

Aside from the numerous Health and Fitness Benefits associated with being a TEAM member, there are also a number of other fantastic benefits from Our Associates.

#### Day that suits you best for a tour: (required)

ASAP

#### Time that suits you best: (required)

9-11am

#### Main training goal: (required)

Lose weight

#### How did you hear about us:

Another member or client

#### Comments:



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[Read More...](#)

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At our Xmas Party we gave clients the chance to get pay back on our trainers with a Train the Trainer Auction! It was a heated battle between a lot of clients who wanted to get their trainer back but no one was going to beat the highest bid of 12k to ensure that our [...]

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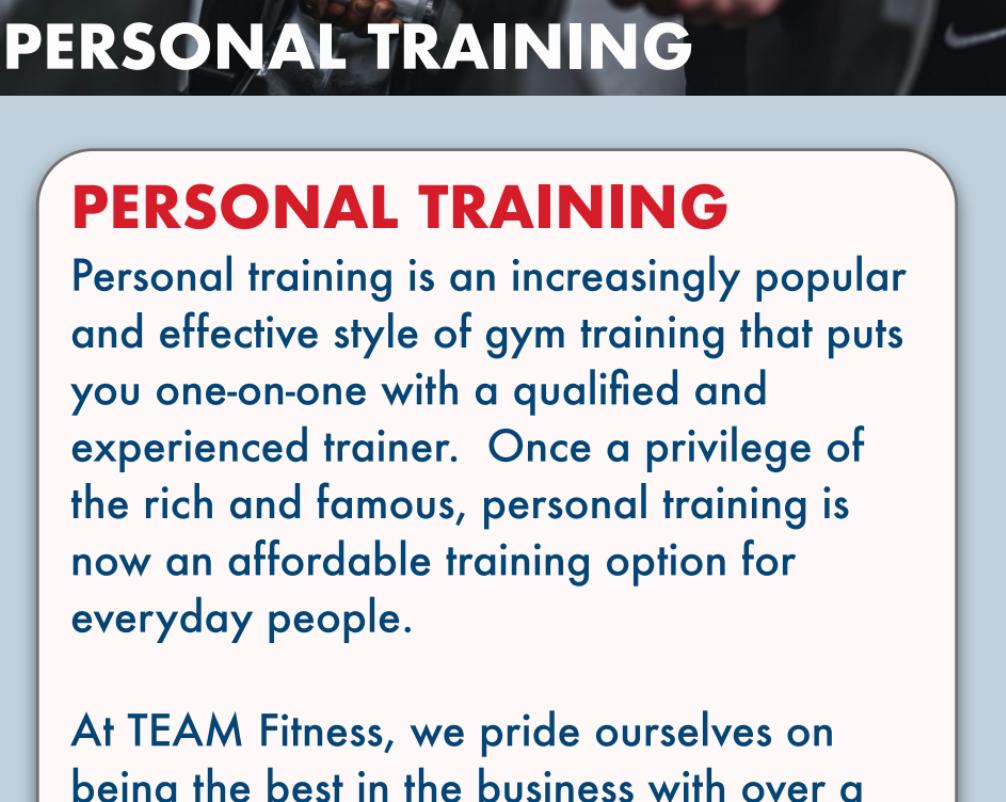
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## PERSONAL TRAINING

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Personal training is an increasingly popular and effective style of gym training that puts you one-on-one with a qualified and experienced trainer. Once a privilege of the rich and famous, personal training is now an affordable training option for everyday people.

At TEAM Fitness, we pride ourselves on being the best in the business with over a decade of hands-on experience working with individuals just like you. We have proven methods and trainers that care – training with TEAM Fitness puts you in the hands of the very best.

### HERE ARE 4 REASONS TO TAKE UP PERSONAL TRAINING WITH TEAM FITNESS:

#### IT'S ALL ABOUT YOU

Every session you do with your personal trainer is focussed on your own personal needs, goals and areas of interest. You will be given effective advice on ways to accelerate towards your goals, as well as practical solutions to things you may be finding difficult. Personal training with TEAM Fitness allows you to tap into the wealth of knowledge of all our professional trainers. This individual focus is certainly the best way for you to see fast results.

#### UNIQUE TRAINING

Each session will be unique and designed specifically for you. Our trainers like to mix it up and provide constant challenges for you. One day you might be lifting weights in the gym, the next day you could be exercising outdoors. TEAM Fitness include a wide variety of activities in your training sessions and we aim to keep every session different. You will find that this method of training is not only effective in maintaining motivation, but most enjoyable. You are sure to find an exercise regime that you enjoy and strongly benefit from.

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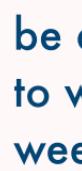
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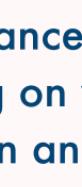
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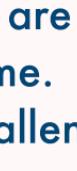


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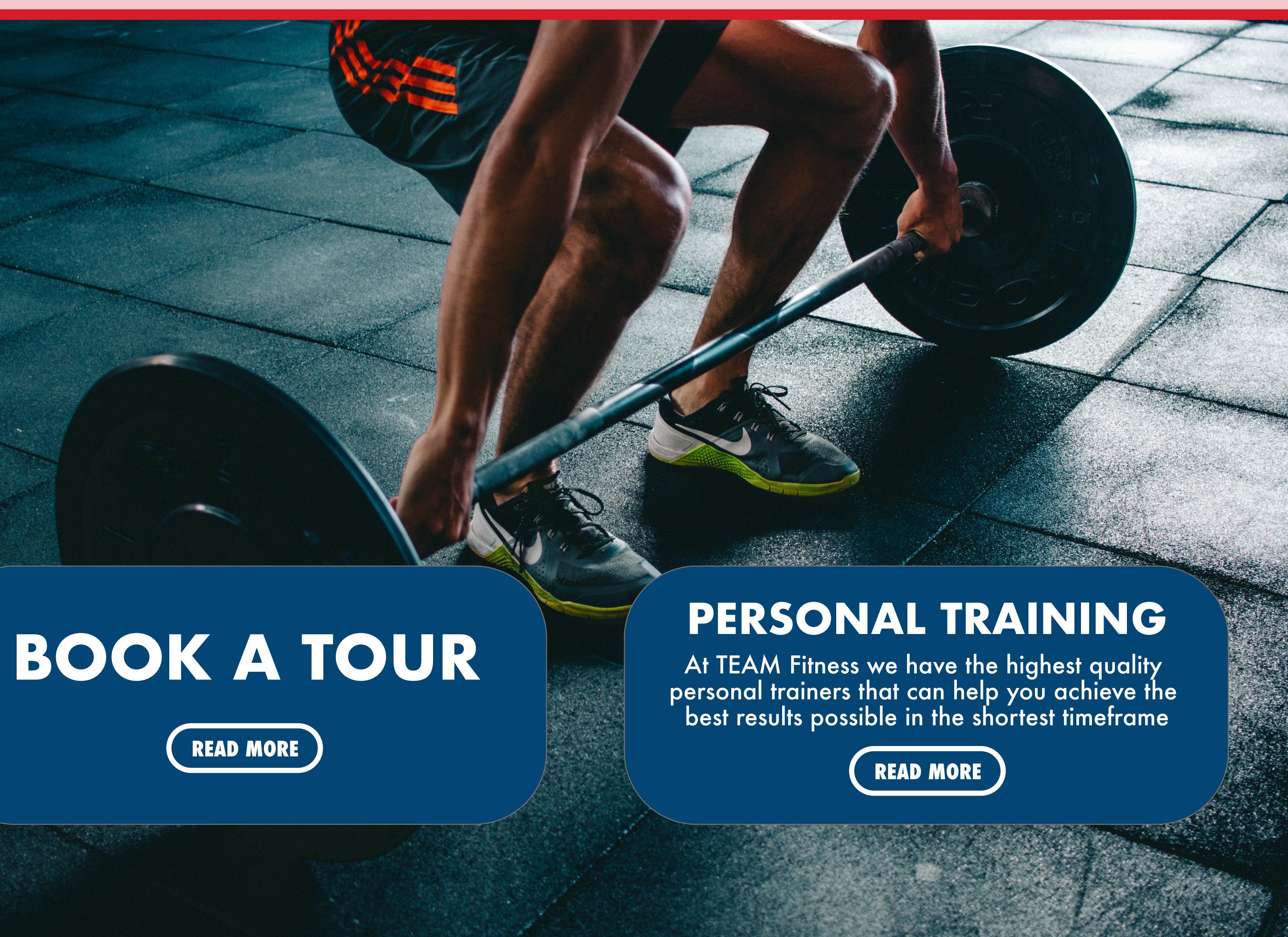
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At TEAM Fitness we have the highest quality personal trainers that can help you achieve the best results possible in the shortest timeframe [READ MORE](#)

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Our team will guide you to achieve the best out of yourself with your training and we pride ourselves on providing a supportive and friendly experience for everyone who trains with us.

As a member of TEAM Fitness Centre you will have 24/7 access to our fully equipped centre including 5 Group Training areas, 3 free and machine weight training areas, huge cardio theatre, child minding, FREE parking and much more!

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**OUR TEAM**

**CHRIS (MANAGING DIRECTOR)**  
Chris has a total desire to help people achieve the body of their dreams! Chris began in the fitness industry over 15 years ago after 6 years of tertiary study completing a 2 year full time Diploma of Fitness as well as a 4 year Degree in Physical Education majoring in Sports Science at [...] [Read More...](#)

**CAMERON (TRAINING COORDINATOR)**  
Qualifications held: Australian Weightlifting Federation Club Weightlifting/Sports Power Coach Level 1 Licence Powerlifting Australia Level 1 Coach Australian Rugby Union Coaching Licence ASADA Anti-Doping level 1 Level 1 & 2 Kettlebell certification Certificates 3 & 4 in Fitness First Aid & CPR Industry experience: Cam has been taught by some of the best coaches in [...] [Read More...](#)

**AARON**  
Qualifications Cert 3 and 4 in fitness First Aid and CPR Kettlebell Level 1 accreditation Kettlebell Level 2 accreditation Industry Experience aaron has been working as a Personal Trainer for 4 years and 2 years here at Team Fitness. You may have seen him around the gym taking Circuit classes, HITT classes, TEAM X, Buddy [...] [Read More...](#)

**NATHAN (OPERATIONS MANAGER)**  
Qualifications ASCA Level 1 Strength and Conditioning Coach Powerlifting Australia Level 1 Coach ASADA Level 1 Anti-Doping Concepts of Optimal Function Certification Cert III in Fitness Cert IV in Fitness First Aid and CPR Industry Experience Nathan has been involved with the fitness industry since 2012 and has worked across several different roles. He has [...] [Read More...](#)

**PHIL**  
Why did you join the fitness industry? I ran a small sales business for many years but felt I needed a new challenge. I love people and I love fitness so felt personal training would be the ideal career change for me. I'm certainly thankful that I made that decision as helping others improve their [...] [Read More...](#)

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## CLASSES



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2:30pm		LITE PACE					
3:30pm							
5:30pm	ZUMBA	BODY PUMP	BODY BALANCE	BODY PUMP			
6:00pm					BODY PUMP		
6:30pm	BODY PUMP	BODY STEP	BODY PUMP	CX WORK	BODY BALANCE		
7:00pm							
7:30pm							
8:00pm							

#### CYCLE STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Instructor)		CYCLE (Instructor)		
9:00am					CYCLE (Instructor)	CYCLE (Instructor)	
9:30am	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	
10:30am							
12:30pm	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	
6:00pm	CYCLE (Instructor)	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Instructor)	CYCLE (Virtual)	

#### CLASS DESCRIPTIONS

##### BODYATTACK (60 MINUTES)

BODYATTACK is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and agility exercises. BODYATTACK is for everyone with all different fitness levels as the moves can be modified to suit individuals. Benefits of BODYATTACK include a great calorie burn, increased your heart and lung capacity and improved coordination and agility through a full-body cardio workout. What better way to get fit, stay fit and get fitter!

##### BODYATTACK EXPRESS (30 MINUTES)

A 30 minute format, focusing on cardio and aerobic moves only, a great workout for those short on time, or the ultimate workout when combined with CXWORX – the greatest core busting workout!

##### BODYBALANCE (60 MINUTES)

A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates leaving you feeling centred and calm. BODYBALANCE brings mind and body into perfect harmony and provides a lasting sense of well-being and calm. Benefits to attending BODYBALANCE regularly include improved joint flexibility and range of movement, increased core strength and reduced stress levels. BODYBALANCE incorporates relaxation, providing you with time to focus your mind and raise your level of consciousness. Try this revolutionary, holistic approach to fitness today!

##### BODYBALANCE EXPRESS (30 MINUTES)

Focusing only on flexibility through Tai Chi and Yoga, this is the perfect class for those short on time or looking to supplement existing training programs with flexibility training. Try combining this class with CXWORX – the ultimate core busting workout!

##### BODYPUMP (60 MINUTES)

BODYPUMP is the original barbell and weights class! Using the proven formula: The Rep Effect, BODY PUMP focuses on low weights with high repetition movements, you'll burn fat, gain strength and quickly produce lean muscle – without the bulk. Great bodies aren't born, they are transformed! BODYPUMP works its way through individual muscle groups, providing a total body workout improving functional strength for your everyday life. Try BODYPUMP today and experience the benefits yourself!

##### BODYPUMP EXPRESS (30 MINUTES)

A 30 minute format focussing only on the large muscle groups to burn fat, gain strength and produce that lean muscle! Perfect for those short on time, new to weights, or an amazing strength session when combined with CXWORX!

##### BODYSTEP (60 MINUTES)

BODYSTEP is the energizing step workout that makes you feel liberated and alive! Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music while toning your hips, buns and thighs! The high energy cardio workout will burn loads of calories for a leaner body, and without realising it you'll be improving your coordination and overall fitness levels! Discover today why this class has been so popular over the decades!

##### CXWORX (30 MINUTES)

Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX is for you! The ultimate 30 minute core blasting workout! Targeting the muscles from your hips to your shoulders, CXWORX is ideal for toning your tummy and butt, while also improving functional strength and assisting with injury prevention.

##### RPM/SPIN (45 MINUTES)

Take the ultimate ride! RPM takes on the terrain through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – while increasing your cardiovascular fitness, burn fat, tone and shape your legs, hips, and butt. Get in the zone and find out why RPM is totally addictive and reach your endorphin high! SPIN is a free style cycling class concentrating on endurance, perfect for improving your stamina.

##### ZUMBA (60 MINUTES)

ZUMBA is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Ditch the workout, join the party with ZUMBA!

##### FIT BALL (60 MINUTES)

FIT BALL is an excellent body-sculpting and shaping class utilizing the Swiss-Ball and light hand weights.

##### LITE PACE (60 MINUTES)

LITE PACE is an interval workout that combines medium intensity cardio, resistance, core and stability work. This class is suitable for post-pregnant women, those with injury concerns or those just looking for a lighter paced workout.

##### FUNCTIONAL BODY WEIGHT (30 MINUTES)

Functional Body Weight is run by our Personal Training team where participants work through a range of body weight strength, mobility and agility movements. These classes are for all levels of fitness and is a great way to build overall strength, conditioning and robustness.



## MEMBERSHIPS

### MEMBERSHIP OPTIONS

At TEAM Fitness we have a range of membership options that will suit you. We are a results based training centre and our goal is to get you the best results possible and we will help you find a membership that suits you best!

#### CLUB ACCESS MEMBERSHIP

This is one of our most popular memberships. This option provides you with full facility access 24 hours a day 7 days a week to all areas of our training centre. As a member with this membership you will have access to our weight and cardio training areas PLUS full access to all our Group Fitness Classes including Les Mills, boxing, circuit classes and more.

This membership suits the person who is self sufficient in the gym and would like to explore our variety of training options.

#### COMPLETE TRAINING MEMBERSHIP

This is our most comprehensive membership option as you will be working with your very own Personal Trainer right from the start. Your Personal Trainer will provide you with everything you need to know to achieve results fast. Everything will be personalised and catered to your needs!

Every week your trainer will be working with you to:

- Assist you in goal setting and giving you the tools to achieve them
- Regularly assess and track your progress
- Provide you with your own personal training program
- Provide variety each week to keep your training interesting
- Coach you through correct training technique
- Keep training safe, challenging and fun!

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#### STUDENT AND PENSIONER MEMBERSHIPS

We have discounted memberships for students and pensioners at TEAM Fitness Training Centre. Once you BOOK A TOUR you can find out more about the membership that suits you and the discounts available.

### JOIN UP NOW

#### HOW TO JOIN:

Follow the simple steps below and you are on your way to new and improved health & fitness:

1. Contact us to find out more about the training options that we have at TEAM Fitness
2. We will then be in contact to make a time that suits you to come in and have a look at our fitness centre and find out more about our programs
3. We will then help you work out what membership option suits you best!

Aside from the numerous Health and Fitness Benefits associated with being a TEAM member, there are also a number of other fantastic benefits from Our Associates.

### Book a Tour

AT TEAM Fitness Centre we like to take the time to show every potential member around the facility so you can see what we have and you are familiar with where everything is. We also like to find out what you would like to achieve and in what timeframe so we can find the membership that will best suit you.

Please fill in your details below. We will then be in contact with you to organise a time for you to come in and have a tour of the facilities and we can find the membership option that suits you!

#### Name (required)

#### Email (required)

#### Phone Number (required)

#### Type of Enquiry (Required)

##### General Enquiry

#### Day that suits you best for a tour: (required)

##### ASAP

#### Time that suits you best: (required)

##### 9:11am

#### Main training goal: (required)

##### Lose weight

#### How did you hear about us:

##### Another member or client

#### Comments:

### SEND

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#### Email address



## PERSONAL TRAINING

### PERSONAL TRAINING

Personal training is an increasingly popular and effective style of gym training that puts you one-on-one with a qualified and experienced trainer. Once a privilege of the rich and famous, personal training is now an affordable training option for everyday people.

At TEAM Fitness, we pride ourselves on being the best in the business with over a decade of hands-on experience working with individuals just like you. We have proven methods and trainers that care – training with TEAM Fitness puts you in the hands of the very best.

#### HERE ARE 4 REASONS TO TAKE UP PERSONAL TRAINING WITH TEAM FITNESS:

##### IT'S ALL ABOUT YOU

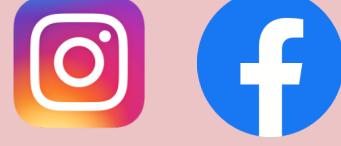
Every session you do with your personal trainer is focussed on your own personal needs, goals and areas of interest. You will be given effective advice on ways to accelerate towards your goals, as well as practical solutions to things you may be finding difficult. Personal training with TEAM Fitness allows you to tap into the wealth of knowledge of all our professional trainers. This individual focus is certainly the best way for you to see fast results.

##### UNIQUE TRAINING

Each session will be unique and designed specifically for you. Our trainers like to mix it up and provide constant challenges for you. One day you might be lifting weights in the gym, the next day you could be exercising outdoors. TEAM Fitness include a wide variety of activities in your training sessions and we aim to keep every session different. You will find that this method of training is not only effective in maintaining motivation, but most enjoyable. You are sure to find an exercise regime that you enjoy and strongly benefit from.

##### A NEW LEASE ON LIFE

Personal training involves a lot more than just one session each week. Your trainer will make sure you know what you need to be doing from the time you leave the gym to when you see your trainer the following week. This includes an exercise program with a balance of weights and cardio, depending on your goal, as well as information and guidelines on how to structure your nutrition and lifestyle to increase your results. Personal training sessions provide a unique opportunity to learn a lot more about healthy living and making your results last a lifetime.

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At TEAM Fitness we have the highest quality personal trainers that can help you achieve the best results possible in the shortest timeframe

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TEAM Fitness Centre is nestled in the heart of Dickson between The Tradies Club and the Dickson Swimming pool.

TEAM Fitness Centre is renowned for the quality and friendly service that is offered to all its members plus the fact they really care about the results that you want to achieve. TEAM Fitness Centre provides a non-intimidating training environment where anyone can feel comfortable in the fully equipped facility.

You have plenty of training options at the TEAM. You can choose from one of their many classes, working with your own personal trainer or just using the facility at your own leisure.

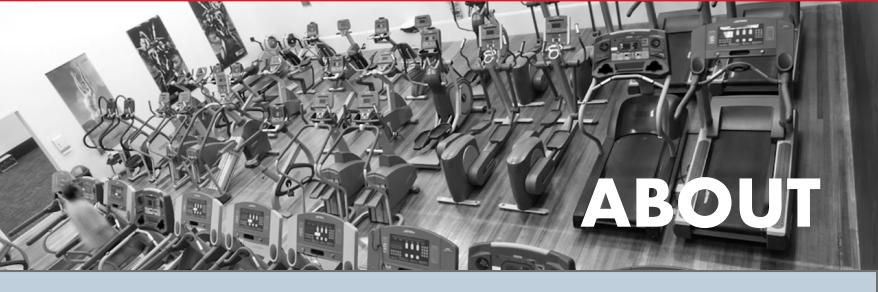
Our team will guide you to achieve the best out of yourself with your training and we pride ourselves on providing a supportive and friendly experience for everyone who trains with us.

As a member of TEAM Fitness Centre you will have 24/7 access to our fully equipped centre including 3 Group Training areas, 3 free and machine weight training areas, cardio, child minding, FREE parking and much more!

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The actual training centre at TEAM Fitness has been around for over 30 years and is one of Canberra's most long standing fitness centres. The TEAM Fitness team that you will be working with has a wealth of experience in the industry and they can guide you to get you motivated, stay motivated and achieve the best results possible!

Managing Director, Chris Lonsdale, has been in the industry for over 15 years and brings national and international experience to provide the best training facility around. Chris takes pride in having the highest quality trainers with the majority of them having over 5 years experience in the industry and are full time personal trainers which is rare in the fitness industry.

TEAM Fitness Centre offers everything that you would want in a training facility from small and large group training, personal training, group fitness, childminding and so much more. This extensive facility coupled with our teams passion for being the highest standard is the best combination for choosing a training centre to join up too.

TEAM Fitness brings experience, knowledge and proven long term results for client which is what keeps members coming back and others wanting to work with the trainers at TEAM Fitness!

[OUR TEAM](#)

**CHRIS (MANAGING DIRECTOR)**

**CAMERON (TRAINING COORDINATOR)**

**AARON**

**NATHAN (OPERATIONS)**

**PHIL**

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It was another great weekend with a group of 30 TEAM Fitness runners heading up to Sydney to take on the 14km City2Surf Fun Run. Well done to all our TEAM who successfully got through the run with plenty of new people taking part as well as some regular TEAM runners achieving personal best times!

[Read More...](#)[TRAIN THE TRAINER RAISES \\$12,000 FOR CHARITY](#)

At our Xmas Party we gave clients the chance to get pay back on our trainers with a Train the Trainer Auction! It was a heated battle between a lot of clients who wanted to get their trainer back but no one was going to beat the highest bid of 12k to ensure that our [...]

[Read More...](#)[TEAM FITNESS TAKES ON TOUGH MUDDER!](#)

TEAM Fitness yet again took on Tough Mudder and won! This year we took over 50 people up to the Tough Mudder course in Sydney and worked together as a group to complete the 20km course through, mud, obstacles and more mud! It was a huge effort by everyone to work together and get every [...]

[Read More...](#)[24HR RIDE FOR CHARITY!](#)

Our Group Fitness RPM TEAM took on the challenge to run an RPM class for 24hrs. They rode all through the night and we had a huge number of members come in at different points and join in on the class. Thankyou to everyone who took part and we raised over \$3000 for local charities!

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**TAKE ON THE CHALLENGE**

Personal training is challenging. With just you and the instructor, there is no place to hide! Personal training sessions with TEAM Fitness are always progressive and never the same. We always make sure that you are challenged more and more each session to ensure improvements keep coming and you remain motivated.

Personal training is without a doubt the most effective, targeted way to get you on track to your goals. Come and give it a go - you will be impressed with your results!

"I have been training for over ten years in the gym on my own. After a few personal training sessions I now realise how ineffective my training was compared to the TEAM Fitness training intensity. I am frustrated about the years I spent wasting my time but very excited about getting it right now, and making it last" - Andrew

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### GROUP FITNESS TIMETABLE

#### GROUP FITNESS STUDIO 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	BODY ATTACK		BODY ATTACK		BODY PUMP		
6:30am		BODY PUMP					
7:00am					CX WORX		
7:30am							
8:45am							BODY PUMP
9:00am							BODY BALANCE
9:30am							
9:45am							
10:00am							
10:15am							
10:30am				CX WORX			
11:00am							
11:15am							BODY BALANCE
12:15pm							
2:30pm			Lite Pace				
3:30pm							
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10:30am							CYCLE (Virtual)
12:30pm	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)
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**Email (required)**

**Phone Number (required)**

**Type of Enquiry (Required)**

General Enquiry

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Lose weight

**How did you hear about us:**

Another member or client

**Comments:**

**SEND**

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TEAM Fitness Pty Ltd.

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## CONTACT

### CONTACT DETAILS

**PHONE:** (02) 6162 5633

**FAX:** (02) 6162 5636

**EMAIL:** [info@teamfitnesscentre.com.au](mailto:info@teamfitnesscentre.com.au)

**ADDRESS:** 79 Dickson Place, Dickson ACT, 2602

### CONTACT FORM

WE ARE CURRENTLY EXPERIENCING TECHNICAL DIFFICULTIES WITH OUR INQUIRY FORM.  
PLEASE EMAIL ANY INQUIRIES TO [SALES@TEAMFITNESS.COM.AU](mailto:SALES@TEAMFITNESS.COM.AU) OR CALL US ON (02) 6162 5633

\* All fields required

Please fill in your details below. We will then be in contact with you to organise a time for you to come in and have a tour of the facilities and we can find the membership option that suits you!

**Name (required)**

**Email (required)**

**Phone Number (required)**

**Type of Enquiry (Required)**

General Enquiry

**Day that suits you best for a tour: (required)**

ASAP

**Time that suits you best: (required)**

9-11 am

**Main training goal: (required)**

Lose weight

**How did you hear about us:**

Another member or client

**Comments:**

### CONTACT US

79 Dickson Pl, Dickson ACT 2602

02 61625633

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