

gym

There's no doubt that maintaining or even starting a fitness program can be difficult. With today's busy lifestyles finding the time and motivation to go to a gym can be a challenge.

Whether you want to lose weight, become fitter or just tone up and feel stronger, having the confidence to make the commitment in time and money is a big step. It's no secret that so many gym memberships run their course with little or no usage. And it's no wonder.

Often gym programs are unrealistic - endless hours on a treadmill or bike with no assistance and disappointing results. It's easy to feel intimidated by crowded gyms, queues for machines and complicated equipment. Not only is it disappointing and frustrating but without expert supervision, the threat of injury is very real. Now there's a better way. At The Sports Injury Clinic we have a gym with a difference! An exercise studio to suit every fitness level, every lifestyle and every body! Even if you're recovering from injury, illness or surgery.

Comfort and Confidence

Our unique and welcoming exercise studio is a modern comfortable space with state of the art equipment. The exclusive booking policy ensures a maximum of four people in the studio at any time which means no crowds and no waiting for machines.

Individual Support

At The Sports Injury Clinic our highly qualified physiotherapists, exercise physiologists and personal trainers can develop a personalised exercise program to suit your body type and lifestyle. Your comprehensive fitness plan will include an accurate fitness assessment which looks at posture, footwear and exercise style. We can teach you how to exercise more effectively and efficiently so you'll feel results faster and be encouraged to keep it up!

Flexible Fitness

Your dedicated long term exercise plan ensures that your progress is constantly monitored and modified to suit your changing needs and fitness levels. And any one of our experienced physiotherapists, exercise physiologists and personal trainers are always on hand to give you help and advice whenever you need it. So you can enjoy your workout in a safe, friendly supportive environment.

Value and Quality

Using The Sports Injury Clinic exercise studio doesn't have to break the budget. You won't be pressured into signing up for a long term membership commitment that you won't fulfill. You can book and pay as you go or, if you'd prefer, pay a one-up fee for unlimited use* for three months. That way you can trial the gym and take your fitness program step by step in a realistic and flexible time frame. And some programs are claimable through selected private health funds.

Fitness for Life

So why not take a look at The Sports Injury Clinic exercise studio, for the support and confidence you need to achieve fitness - for life.

*Bookings essential



Life Support for Every Body

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