

Be motivated by experts to get real life changes

**THE 1ST CLASS
PERSONAL TRAINING SERVICE
& BOUTIQUE GYM**

**BECOME ONE OF OUR
AMAZING testimonies**



Kathy

July - Client of the month

True life balance, a dynamic mother of 4, adheres to an advanced exercise routine improving body shape, losing Kgs and Cms while increasing strength by over 100%!



Elizabeth

August - Client of the month

In less than 8 weeks, Liz has lost over 5cm off her measurements & improved cardiovascular fitness by over 25%! She has also reduced her blood pressure & heart rate to a perfect zone.



William

September - Client of the month

Over 20 years training with Brett, Will has improved his body shape to be perfect! He has also increased core and lumbar back strength significantly.



Dom

October - Client of the month

Improved his body shape significantly, now having a perfect BMI & Waist to Hip ratio. His cardiovascular fitness has increased by over 30%.



Tangiwai

November - Client of the month

Since beginning at EP, Tangiwai has lost over 5kg, 10cm off her waist and hip measures, increased VO2 aerobic fitness by over 20%, and improved her neck and shoulder range of motion and stability!



Jo

December - Client of the month

Jo Mcnicol, Muscular dystrophy rehab training through NDIS x 3 sessions weekly. Jo has maintained her hip, glute & quad strength to aid in her support and control to be able to perform all functional daily duties.



Linda

**Lost
over
40kg!**



AI

**Improve
Health**

medicare



Michael

**Disability
Services**

ndis REGISTERED PROVIDER



ep

exercise
physiology

IMPROVE HEALTH

IMPROVE INJURIES

BECOME ONE OF OUR AMAZING testimonies



Tiff

January - Client of the month

Following a horrific car accident and a history of competitive equestrian horse riding falls, Tiff has undergone significant injury rehabilitation with EP losing over 20kg and 20cm off her measures. Dropping 5 dress sizes at the same time!



Ash

February - Client of the month

Ash has progressed through back rehabilitation, reduced 10cm off his waist measure while increasing full body lean muscle and flexibility around his hamstrings/lower back. Now performing advanced functional training exercises.



Jenny

March - Client of the month

Exercising throughout her whole pregnancy, Jenny has adhered to safe exercise, increasing pelvic floor, back strength and support, ensuring her best physical health conditioning.



Noele

April - Client of the month

At 77 years young, Noele followed a program designed by Brett to manage diabetes. In only 8 weeks, she dropped 5kg fat loss, 7cm off her measurements while increasing lean muscle and metabolic rate, thus improving blood sugar and pancreas function.



Rhys

May - Client of the month

NDIS referred following a stroke, Rhys has significantly improved his balance, coordination and agility. He has increased his ability to perform functional daily duties and capacities.



Grant

June - Client of the month

Veterans Affairs member. Grant followed a lumbar spine, hip and shoulder strength and stability program, decreasing over 8kg while reducing his waist measurements!



Rebecca

**Lost
over
45kg!**



Javier

**Injury
Rehabilitation**



Alan

**96 years
young!**



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