

HEALTH CLUB CONSULTATIONS

PERSONAL PROGRAM PLAN

01

Kickstart your fitness journey with a personalised session! Our expert trainer will assess your fitness, set goals, and design a tailored workout plan for safe, effective results at Glen Eira Leisure.

Empower teens aged 12–18 with confidence and healthy habits! Enjoy a fun, supportive session with a trainer to assess fitness, set goals, and create a personalised workout plan.

02

TEEN PROGRAM PLAN

BIO-STRENGTH INDUCTION

03

Experience next-level strength training! Our trainers will introduce you to Bio-Strength's smart technology, set up your personalised circuit, and show you how to train efficiently and effectively.

Already have a workout plan? Bring it in! Our trainers will adapt your routine to Glen Eira Leisure's equipment and facilities, ensuring safety and maximum results.

04

BYO PROGRAM PLAN

CARDIO FITNESS TESTING

05

Discover your cardio potential! Using advanced equipment, we'll measure endurance, heart rate, and stamina to guide your training and track progress toward peak fitness.

Unlock your strength goals! Test muscular power and endurance with Bio-Strength technology, track improvements, and tailor your resistance training for maximum results.

06

BYO PROGRAM PLAN