



GROUP TRAINING SYSTEM (GTS)

The GTS is a unique service to LGF. Participants are provided with individual exercise prescription in a group environment.

Getting started

An initial consultation will ensure that your exercise program is prescribed in accordance with your goals and current physical status.

The assessment includes discussion of existing health conditions, management and goals, undertaking relevant health and functional assessments, and an introduction to the GTS format.

How it works:

A qualified trainer delivers your individualised program for the duration of the session, providing instruction and supervision throughout. The GTS runs at set times throughout the week and sessions are 60 minutes, unless otherwise specified. You may arrive anytime during the scheduled GTS. Please note: to maintain the smooth and efficient running of the GTS you must arrive at least 45 minutes prior to finish time to complete your exercise.

Call 9764-1516 to book your appointment today



LGF LIST OF SERVICES

Exercise Physiology:

EP - 1 hr	\$100
EP - 1 hr, 10x	\$900
EP - ½ hour	\$60
EP - ½ hour, 10x	\$550
EP - 2 people	\$60 pp
EP - 2 people, 10x	\$550 pp

Personal Training:

PT - 1 hr	\$85
PT - 1 hr, 10x	\$770
PT - ½ hour	\$55
PT - ½ hour, 10x	\$500
PT - 2 people	\$55 pp
PT - 2 people, 10x	\$500 pp

Group Training System:

GTS - Casual	\$33
GTS - 10x	\$280
GTS - monthly	\$270