



HEALTH CLUBS

Affordable and flexible personalised fitness coaching services

A unique results based fitness service eliminating the heavy costs of traditional personal training whilst giving you the freedom to train within a daily flexible timetable, instead of making a booking or waiting for a class to start.

More personal attention - Increased value for service - Greater Flexibility

6 Brough Street, Springvale North
0422 808 313 / info@pchealthclubs.com
pchealthclubs.com

Start your fitness journey by booking in for a free assessment and trial

Monday - Thursday

6am–12pm

4.30–8.30pm

Friday

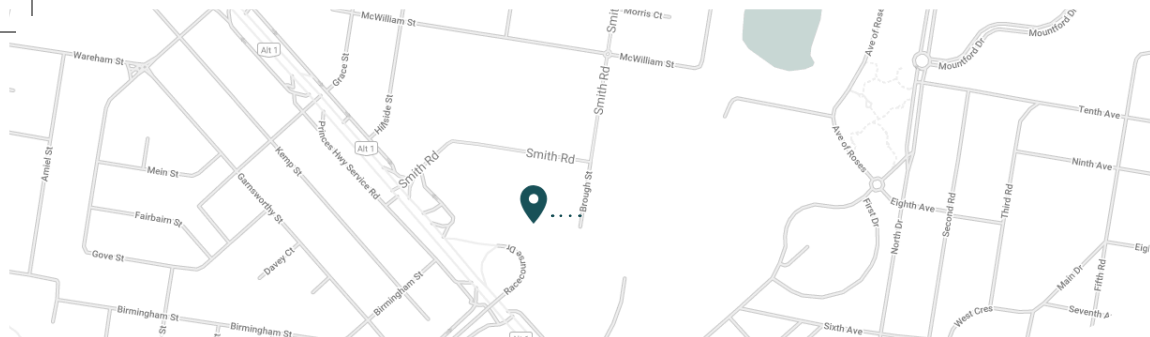
6am–12pm

4.30–7.30pm

Saturday

9am–11.30am

Not Available



Flexibility

- Your coaches are available for over 10 hours a day, allowing you the flexibility to train when you want on a schedule that works for you.
- You don't have to worry about making a booking or missing a class when life gets in the way.

Affordability

- We have no hourly rates for personal training.
- We have an all-inclusive coaching membership where trainers and programming are provided within our service.
- Traditionally most gyms would charge you a membership fee, and then you would also need to pay for a PT on a time-based schedule cost on top of that

Our personalised service delivers more value by allowing you to have a trainer 6 days a week for the same cost as one traditional 30 min personal training session at most commercial gyms.

- More value and more service = more time with our coaches, which = increased performance and results for our clients.

Accountability & personal attention

- You do your own workouts, specific to your goals and physical ability. We don't run your sessions like a boot-camp or group circuit.
- We tailor and allocate workouts to you each week. We don't make you fit the workout we make the workouts fit you.
- Workouts are tracked by your coaches and nutrition can be tracked by our dietitians.