



Crows Nest Gym Gamify Fitness Rebrands to Group Fit Training

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Gamify Fitness, based in Crows Nest, NSW, Australia, has recently rebranded itself to Group Fit Training. They specialise in Bespoke Semi-Private training, using the latest technology and world class equipment. Group Fit Training's Semi-Private training sessions are the closest to personal training with a maximum of 6 people per session, without the premium price tag.

Each Semi-Private Training package consists of two semi-private training sessions every week. Other features of each package include: a movement assessment; progressive weight training programs to ensure progress; unlimited access to their larger group training sessions; weekly coach check-ins which will keep their members accountable; nutritional guidance and access to Group Fit nutrition portal; and access to Group Fit Training's app to keep themselves on track.

Active Group Training members get to choose from a variety of sessions , whether it is Strong Fit, Sweat Fit or Box Fit.

Strong Fit is focused on building stronger bodies. This particular program is designed to push the body to its limit to create the body strength that will help people achieve their goals. It employs training methods that have been proven in studies to offer results, from the most novice client to the more experienced ones.

In the Sweat Fit sessions, the individual, partner and team workout sessions are designed to keep people motivated and challenged. Their heart rate based training method will eliminate all the guesswork and ensure results. For each session, each client spends 30 minutes in the optimal calorie burning zone and then continues to burn calories for up to 36 hours after the workout.

The Box Fit sessions employ boxing to provide a full body workout that will create muscle mass and burn a significant amount of calories hours after the workout. It has been proven to enhance conditioning, speed, and coordination and to help in decreasing muscle tension and fight anxiety and stress.

Group Fit Training is made up of a team of professional and friendly fitness specialists in the Lower North Shore of Sydney. Their vision is to improve the quality of life of their community by offering the best quality fitness experience.

Co-Owners Bill Elliott and Ani Gee head a team of fitness specialists who really believe in quality coaching, scientific based programming, and building a welcoming community. Bill Elliott is a cancer survivor, which is what has driven him to focus more on the things that he enjoys. He loves working with clients and helping them with their health and fitness. Ani fell in love with group training about 10 years ago which inspired her to leave her corporate career and immerse herself in the positive and fulfilling sphere of health and fitness. She has helped clients achieve a range of personal goals from increasing their strength & conditioning, rehabilitation, weight loss or shifting to a more positive mindset.

Bill Elliott says, "The semi private training we provide will be intimate, technique and strength focused with an assigned coach to keep you accountable. Together with nutritional guidance and bespoke programming keeping you on target. You get the best of both worlds, working in a vibrant group environment with a maximum of 6 per group, and the closest to a Personal Training session without the premium price tag. Our group fit training focuses on exciting and effective workouts for every class. You will feel a sense of ownership about your results, all the while knowing that our experienced trainers are right beside you to provide that extra push or knowledge that you need."

Those who are interested in learning more about the group training sessions at Group Fit Training can visit their website. Clients can check out the timetable by visiting groupfittraining.com.au.

https://video.wixstatic.com/video/51570d_f7206bbdb889494684d3ff2449a5180d/720p/mp4/file.mp4

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For more information about Group Fit Training, contact the company here: Group Fit Training Bill Elliott Level 1,
378 Pacific Highway, Crows Nest New South Wales 2065, Australia

Group Fit Training

*We are a team of professional, vibrant and friendly fitness specialists offering group fitness training in the Lower North
Shore of Sydney.*

Website: <https://www.groupfittraining.com.au/>



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