

Our SERVICES



PERSONAL TRAINING

Personal Training sessions are held in a private studio in Pymble, with Rachael Fisher

FROM \$97 PER SESSION

Complementary initial consultation

Individualised training program

45 minute training sessions

Tailored nutrition advice

Weight and measurement monitoring

Monthly recipe e-book



MOBILE PERSONAL TRAINING

Mobile Personal Training sessions are held in the comfort of your own home with one of our trainers

FROM \$90 PER SESSION

Complementary initial consultation

Individualised training program

45 minute training sessions

Tailored nutrition advice

Weight and measurement monitoring

Monthly recipe e-book



NUTRITION CONSULTATION

Nutrition Consultations are offered in-person in a private studio in Pymble, or online

FROM \$125 PER CONSULT

Consultation in-person or online

Tailored nutrition advice

Individualised meal plan

Supplement recommendations

MyFitnessPal User Guide e-book

Macro-Friendly Takeaway e-book

Contact us

AND BOOK TODAY