

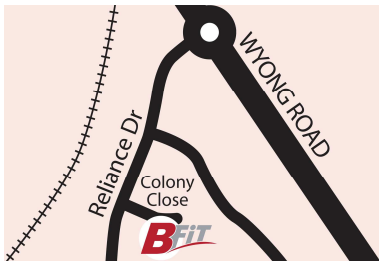
# Sports Club Package

Sports Performance, Injury Rehab , Private membership



## Exercise is great medicine

Improve your quality of life with Accredited Exercise Physiologists and Exercise Therapists



REHABILITATION & WELLNESS CENTRE

## What you can expect to enjoy as a member of BFit Studio

- Performance enhancement
- Injury prevention & rehabilitation
- Sports specific training
- Initial consult and assessment
- Lifestyle & postural review
- Body composition and testing
- Program prescription & demo
- Integrated review sessions

## The Benefits

- Knowledgeable & professional service
- Specialized exercise studio
- Evidenced based treatment
- Reduced gym memberships
- Individualized specific programs
- Increased performance
- Small, friendly and unintimidating training centre

## Please contact us for more info

### Find us at

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QUALITY  
HEALTH  
SERVICES

ONE LIFE  
ONE BODY  
Be the BESTyou  
CAN BE!