

Private Membership

For fitness and wellness



Bfit Studio Rehabilitation and Wellness Centre is a privately owned business offering a complete range of health and fitness services across a range of sectors. At Bfit Studio we pride ourselves on being specialists in exercise, rehabilitation, diet and health education with university trained Exercise Therapists and Accredited Exercise Physiologists. As a result, we can deliver a wide range of packages to our clients to aid them in their ongoing personal care and assist them in completing their directives. In order to accomplish this we ensure that we communicate effectively with all parties involved in our client's care including the client themselves and if required, their treating G.P., insurance company or rehabilitation provider. Be it health and well being, rehabilitation, fitness or just a general desire to look after yourself, we have the expertise and experience to help you achieve your desires.

PRIVATE MEMBERSHIP INCLUDES

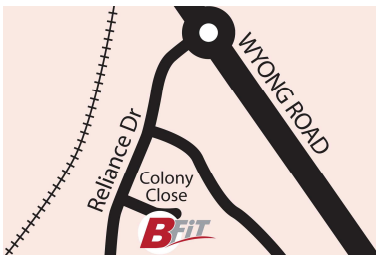
- Initial consultation and assessment
- Lifestyle, and postural review
- Physical review and testing
- Body composition testing
- Program prescription and demonstration
- Integrated review sessions
- Benefits with our business partners
- No joining fees
- Friendly, intimate, un-intimidating atmosphere

Registration & Rebates

Medicare, DVA and Health Funds. Bulk billing available.

Exercise is great medicine

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



REHABILITATION & WELLNESS CENTRE

Please contact us for more info

Find us at

Unit 2, 5 Colony Close Tuggerah
Business Park

Ph:02 43530310 Fax: 02 43530315

E: info@bfitstudio.com.au

W: www.bfitstudio.com.au

QUALITY
HEALTH
SERVICES

ONE LIFE
ONE BODY
Be the BESTyou
CAN BE!