



HEALTHY, & TONED

“It is the Moments of Decision and Consistent Actions, and not the Past and Present Conditions of your Life that Shapes your Destiny.” - A. Robbins.

At FIT Epping, we will take you beyond just mere fitness. Within the comfort of a private, friendly, relaxed and non intimidating environment, our scientific, methodical, yet personal approach will help you to a healthier mind and body, without your need to worry about the science behind it.

Encompassing a panoramic view, our spacious and fully air-conditioned boutique health and fitness facility is outfitted with brand new state-of-the-art fitness equipment, designed and manufactured to pass the rigorous specifications and strict standards required by US military installations.

An initial assessment of your fitness level and general state of wellbeing forms the basis of a custom tailored exercise program focusing on your specific needs. Through attentive step-by-step guidance, we will provide you with the most effective and efficient workouts to improve upon your physiological wellbeing. Our staff will monitor your progress to ensure consistent advancement from your hard earned efforts.

Through health coaching and personal training, our trainers will challenge the psychological impedances and self sabotaging habits that stifle your progress. By disrupting your habitual detrimental patterns, and removing negative emotional labels which have attached themselves subconsciously to particular aspects of your life, we aim to help you redefine your objectives, settling for no less than what you deserve, and reaching for the stars instead of the fabled glass ceiling.

Our trainers have an extensive range of specialties including:

Body Sculpting

Pilates

Dance

Functional Training

Core Stability & Strengthening

Stretching & Flexibility

Dietary Improvements

Fat Loss

Sport Conditioning

Athletics Performance

Boxercise

Regardless of your background and experience, with in-depth instruction on training techniques, principles and methodologies on how to exercise safely and effectively, through to strategic plans to help you eat well and sensibly, we can help you achieve the health and look of your desire.

So together we can take that first step to a better way of life for you. If personal attention is what you prefer from your gym, then contact us to arrange your first consultation, and take advantage of our initial \$99 for 99 days special offer to commence your life of youthful exuberance and extended healthy longevity that awaits you. Get that perfectly fit, toned and sculpted body you've always dreamt of.

Regards

Alvin Lo

Facility Manager