

OUR MISSION

Pushing Performance is committed to delivering efficient, effective, and affordable solutions. We empower individuals to transform their lives and lay the groundwork for a healthier future.

Our mission is to break down barriers, fostering a community that embraces positive change and supports one another on the journey to greatness. We work together to help you become a better version of yourself.



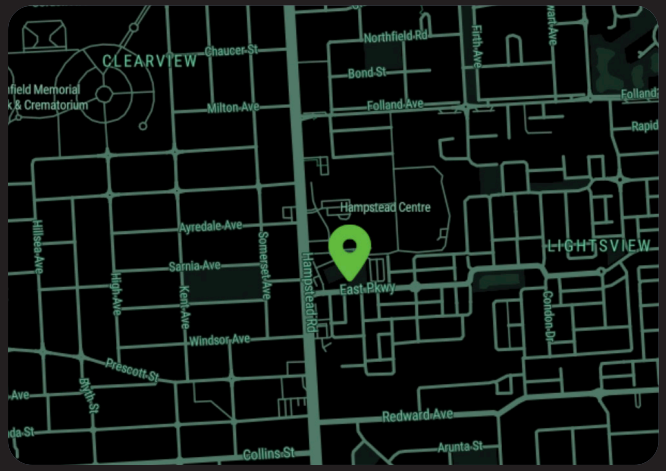
UNLOCK YOUR POTENTIAL

WHAT ARE YOU WAITING FOR?

SERVICES:

GROUP TRAINING
PERSONAL TRAINING
RUN CLUB
ONLINE COACHING
ATHLETE DEVELOPMENT

FIND US HERE: The Lights Community and Sports Centre, Lightsview SA 5085



SCAN FOR OUR WEBSITE:

SCAN TO BOOK NOW:

@PUSHINGPERFORMANCE PH: 1300 000 FIT

PUSHING PERFORMANCE

GROUP TRAINING | PERSONAL TRAINING | RUN CLUB | ONLINE COACHING | ATHLETE DEVELOPMENT



COMMITMENT. CONSISTENCY. COMMUNITY.

www.pushingperformance.com.au

GROUP TRAINING

Our Group Training program is crafted for maximum results in minimal time, offering participants specialised support, programming, and education.

Each session, meticulously curated and led by our highly motivated coaches, follows a unique "45 or 60-minute formula" integrating Strength, Endurance, and Cardio. This ensures optimal results in a motivating, engaging, community environment with personalised programming and support.



RUN CLUB

We offer a fun and supportive Run Club for runners of all levels. Our coaches are experts in helping you achieve your running goals. Whether that is smashing a PB or running for 1km straight!



PERSONAL TRAINING

Personal training is all about your unique goals, tailored training, and achieving results. Our experienced and motivating Personal Trainers can help you with:



- Weight loss
- Strength or tone
- Feeling good
- Fitness goals
- Rehabilitation

We also offer small group personal training sessions for an affordable alternative to training with family / friends.



ONLINE COACHING

We offer online one-on-one coaching for those who want to train from their own environment, or need some programming or guidance to help achieve their goals.



PRICING & PACKAGES

Please contact us for more information about our offerings, or for us to recommend a personal plan for you.



GROUP TRAINING	*PER WEEK*
1X GROUP TRAINING	$16.95
2X GROUP TRAINING	$26.95
UNLIMITED GROUP TRAINING	$36.95

PLATINUM PACKAGE	*PER WEEK*
30 MINUTES PT SESSION + UNLIMITED GROUP TRAINING + OPEN ACCESS	$55.95
45 MINUTES PT SESSION + UNLIMITED GROUP TRAINING + OPEN ACCESS	$75.95
90 MINUTES PT SESSION + UNLIMITED GROUP TRAINING + OPEN ACCESS	$95.95

PERSONAL TRAINING	
30 MINUTES PER SESSION	$50.95
45 MINUTES PER SESSION	$70.95
90 MINUTES PER SESSION	$90.95

GROUP PERSONAL TRAINING	*4 OR MORE*
30 MINUTES PER SESSION	$70.95
45 MINUTES PER SESSION	$90.95
60 MINUTES PER SESSION	$110.95

STILL UNSURE?

SCAN TO CLAIM YOUR FREE TRIAL:

PH: 1300 000 FIT
trainer@pushingperformance.com.au

UNLOCK YOUR POTENTIAL | JOIN OUR COMMUNITY