

Vision

We strive to be the premier service making health and fitness a fundamental part of your lifestyle

Mission

We aim to deliver the best health & fitness service in the Perth region for women looking to incorporate into their daily life by 2020

Values

Lifestyle - make what we do a part of your life.

Be Personal - we are in the Personal Training industry; know every client and their story

Enthusiasm - be the most enthusiastic and energetic person in the room. Clients will follow your energy

Fitness - We will continually deliver better training. Continue to learn and improve ourselves

Loyalty - You embody our company as your own and strive to make it the best work place you have ever had. Take responsibility for the growth of your clients. Full time mindset

Reliability - clients will be able to call on you and rely on you for trust, respect, honesty and hard work.

We are there to challenge and foster their growth.

Community - be a studio that everyone feels welcome and make friends

Good humour - be able to laugh and enjoy your training with clients