

PowerCamp is an all round strength and conditioning class which incorporates high intensity interval training (H.I.I.T), weightlifting, gymnastics and mobility into an hour session. Perfect for everyone and all fitness levels. Our Skills sessions are great preparation for those wanting to trial PowerCamp and learn correct technique. Maximum class numbers is 15, bookings essential.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	POWERCAMP <i>Uni</i>	POWERCAMP <i>Emily</i>	POWERCAMP <i>Matt</i>		POWERCAMP <i>Uni</i>	
8:30AM						POWERCAMP <i>Matt</i>
9:30AM		POWERCAMP <i>Shane</i>	POWERCAMP <i>Karen</i>	POWERCAMP <i>Emily</i>		SKILLS <i>Matt</i>
10:30AM		SKILLS <i>Shane</i>				
5:30PM	POWERCAMP <i>Matt</i>	POWERLIFTING <i>Shane</i>	POWERCAMP <i>Karen</i>	POWERCAMP <i>Shane</i>	POWERCAMP <i>Matt</i>	
6:30PM	POWERCAMP <i>Emily</i>		POWERCAMP <i>Karen</i>			
7:30PM		POWERCAMP <i>Shane</i>		POWERCAMP <i>Shane</i>		

SHANE

I was introduced to the concept of functional fitness during the 10 years that I spent in the Australian Special Forces. Since leaving the Australian Military, I have further developed these skills becoming a Certified Functional Trainer. My passion for fitness, and in particular, Olympic lifting, is evident in my classes with a specific focus on correct form and technique.



KAREN

My passion for functional training is evident in how I talk about it all the time, I love the results I've achieved and how I feel. I have learnt so much since starting PowerCamp and achieved things I never thought possible. PowerCamp not only inspired me but was the final push to get my Functional Training Coaching qualification, an industry I've always inspired to be part of.



MATT

I became a Planet Fitness member and saw a PowerCamp class in progress, and I thought to myself "I want to be a part of that". I have been a gym goer for a long time but I have never really felt overly "fit". Since joining PowerCamp and doing functional training I have become faster, stronger, more flexible and my cardiovascular endurance has increased dramatically; thanks to the mixture of weightlifting, cardiovascular and gymnastic training. Not only has it made me a better athlete but the support and motivation everyone displays makes for an amazing community, and I want to share that with everyone.



UNI

I aim to introduce a better understanding of body movement, and creating a healthier structure through training. I love including diverse styles to my training, each style has a purpose and is beneficial to a training program. I've competed in several figure bodybuilding competitions (ANB 2013, NABBA/WFF 2015 & IFBB Arnold Classic 2016).

EMILY

I believe that functional training is one of the best ways of training your body. After doing my strength and conditioning course I gained further knowledge and understanding of technique, training variables and programming skills also to help cater the exercises for everyone. I want to provide a safe environment and get real results for each individual!



CLUB OPENING HOURS

Mon - Wed	5:00am - 10:00pm
Thurs - Fri	5:00am - 9:00pm
Saturday	8:00am - 6:00pm
Sunday	9:00am - 6:00pm

CRÈCHE HOURS

Monday - Friday Morning	9:00am-12:00pm
Wednesday Afternoon	4:00pm-7:00pm
Saturday Morning	8:30am-11:30am