

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>Emily</i>	POWERCAMP <i>Emily</i>	POWERCAMP <i>Matt</i>		POWERCAMP <i>Emily</i>	
8:30AM						POWERCAMP <i>Sam</i>
9:30AM			POWERCAMP <i>Karen</i>	POWERCAMP <i>Emily</i>		SKILLS <i>Sam</i>
5:30PM	POWERCAMP <i>Sam</i>	POWERLIFTING <i>Matt</i>	POWERCAMP <i>Karen</i>	POWERCAMP <i>Matt</i>		
6:30PM	POWERCAMP <i>Emily</i>		POWERCAMP <i>Karen</i>			
7:30PM		POWERCAMP <i>Matt</i>		POWERCAMP <i>Matt</i>		

SAM

I've always wanted to have good muscular strength but also cardio fitness for sport. PowerCamp offers this balance, and this is why I became a PowerCamp Coach in addition to my regular work as a Personal Trainer, to help individuals reach new goals. I am passionate about functional training.



MATT

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.



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.



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