



BLITZFIT
AUSTRALIA

CHERMSIDE/ASPLEY

GET FIT • STAY FIT

BLITZFIT AUSTRALIA MEMBER TESTIMONIAL

Lisa



Change was in need as I was struggling with training solo, not only for motivation but that extra drive that trainers and groups can provide. It was also essential that I find a timetable which worked well around the kids, family and work commitments, in addition to surrounding myself with like minded people.

Being impressed with the timetable and positive culture, I joined Blitzfit and haven't looked back! Passionate trainers planning and executing the delivery of awesome sessions whilst I just had to show up, work hard and reap the rewards. The sessions are fun (in a crazy-like way), varied and the group is very welcoming, with no focus on what size, shape, or clothes you wear.

I have not only enjoyed my journey with Blitzfit but remain inspired by watching others join the group and continually challenge themselves in ways they didn't think possible. When it comes to fitness level, Blitzfit definitely caters for everybody. I can honestly say that all sessions have at least one person at the same level as you. Even if you have personal hurdles or injuries the experienced trainers will supportively work with you.

Be in control, embrace the fitness level you are at, join in and work with others to smash your goals! I'm definitely a much stronger, leaner, fitter and better version of myself with Blitzfit in my life and highly recommend that every one give it a go.

