



BLITZFIT
AUSTRALIA
CHERMSIDE/ASPLEY
GET FIT • STAY FIT

BLITZFIT AUSTRALIA MEMBER TESTIMONIAL

Paula



I'm a mum of two teenage children and being fit and healthy not only shows my children a healthy life, but also the enjoyment fitness brings to happiness and well being.

Working full-time and with BlitzFit timetable, there are plenty of workouts to accommodate.

When I first started 18 months ago, I was very nervous, yet excited and Kath made me feel very welcome. I have made many friends from bootcamp and really enjoy it every time. We all have a special bond and the encouragement and camaraderie is amazing and always so much fun. I've never laughed so much while working up a sweat.

It's a credit to the trainers Kath and Emma making boot camp fun and not regimental like other boot camps as they cater for all levels of fitness.

My biggest achievement is being able to perform push ups on my toes, I still get a buzz from this. One's own strength is amazing and under-estimated and without BlitzFit, I wouldn't be as fit and healthy, so thank you.

