



correct.

OLYMPIC / POWERLIFTING

GROUP TRAINING

Olympic lifting and powerlifting small group programs are a great way for passionate and experienced gym users to take their training to the next level. Correctly executed olympic lifts are one of the most powerful and beneficial movements the human body can do. Corrects staff are all highly trained with tertiary education and a range of experience in professional sporting clubs and private clinics. Catering to only small groups, this gives us a great chance to work with people from a range of abilities and experience. Constant supervision and education can be expected as we work through various techniques of lifts, including the snatch and the clean and jerk.

UNLIMITED GROUPS

Choose from
multiple different
group classes
every week

\$70 p/w