



Personal Training

*train your body
the way it's designed to work*

Individual & small group training
sessions for great results you can
see & feel

CALL 9280 2322
for bookings & info

central physio and performance fitness

Improving health Building performance Changing lives



www.centralperformance.com.au

Personal Training

We believe exercise should be fun,
whole-body & functional.

- reach your ideal weight
- get the body you desire
- build strength & stability
- increase health & energy

Choose from 1-on-1 or small
group sessions at times that
suit your lifestyle.

BOOKINGS & MORE INFO

📞 9280 2322

@ info@centralperformance.com.au
Suite 1, 418a Elizabeth St, Surry Hills

central physio and performance fitness

Improving health Building performance Changing lives



www.centralperformance.com.au