

About Step into Life Mont Albert North:

Hi, I'm Gavin and I'm your local group fitness expert at Step into Life Mont Albert North Group Outdoor Personal Training. As an experienced Personal Trainer with a passion for fitness and a positive attitude, I'll give you the support, guidance and friendship you need to achieve your goals on your health and fitness journey.

I'm committed to improving the health and fitness of the Mont Albert North community with Step into Life's fun and exhilarating Group Outdoor Personal Training sessions. Whether your goal is weight loss, improved fitness or health related, we can help! With 8 unique sessions from cardio and toning to boxing and boot camp training packages, Step into Life Mont Albert North offers a fun, friendly and exhilarating environment to train in.

A friendly and inspiring alternative to the gym, Step into Life Mont Albert North training programs are developed to allow you to meet your individual goals and challenge you to strive for even greater heights of fitness within a group environment.

Come and feel encouraged, motivated and supported with Group Outdoor Personal Training at Step into Life Mont Albert North - contact us to make today the first day of the new you!

Contact us today to find out about our training memberships by calling 1300 134 136!