

Personal Trainers	Location	Website	Description of services offered
Active Lifestyle	Vic	www.activelifestyle.com.au	Group or personal mobile training
Body to Burn	ACT	www.bodytoburn.com.au	Personal training and boot camp
Complete Fitness	NSW	www.completefitness.com.au	Personal fitness training
Core Principles	Vic	www.coreprinciples.com.au	Training for professionals, seniors and families
Crunchtime	Vic	www.crunchtime.com.au	Personal and corporate training, massage and acupuncture
Dangerously Fit Personal Training	NSW	www.personaltrainersydney.com	Personal training
Drive Fitness	Qld	www.drivefitness.net	Training, boot camp, walking and running club
Edge Fitness	WA	www.edgefitness.com.au	Personal, group and corporate fitness training
Evolution to Wellbeing	NSW, Qld	www.evolutiontowellbeing.com.au	Group outdoor personal training, nutrition, bootcamp
Fitline	Vic	www.fitline.com.au	Personal and corporate training, group exercise classes
Fitness Crew	National	www.fitnesscrew.com.au	Training programs, nutrition, mobile training
Fitness Inside Out	NSW	www.fitnessinsideout.com	Outdoor fitness squads and personal training
Flawless Personal Training	Vic	www.flawlesspt.com.au	Personal training and nutrition
Go Personal Training	Vic	www.gopersonaltraining.com.au	Personal and corporate training
Gotta-get-fit!	Qld	www.gottagetfit.com.au	Personal and group fitness training
Innervive	WA	www.innervive.com.au	Home and workplace training, weight loss
Intafitness	Vic	www.intafitness.com.au	Personal training, supplements and training aids
Just Personal Training	Qld	www.justpt.net	Personal, group and corporate sessions
Life Personal Trainers	SA	www.lifept.com.au	Personal training, massage and dietary consulting
Mindful-Wellbeing	Vic	www.mindful-wellbeing.com.au	Personal-fitness training and pilates
Outdoor X	NSW	www.outdoorx.com.au	Personal training, boot camp and team building
Pulse Performance	NSW	www.pulseperformance.com.au	Personal and group training
Pure Personal Training	Qld	www.purepersonaltraining.com.au	Outdoor personal and group training
Renouf Personal Training	WA	www.renouf.com.au	Action training and nutrition programs
Revolution Health & Lifestyle	Vic	www.revolutiononline.com.au	Mobile personal training
Step into Life	National	www.stepintolife.com.au	Group outdoor personal training
Training Mate	NSW	www.trainingmate.com.au	Personal training, groups and boot camp
Vision Personal Training	NSW, Qld, Vic	www.visionpt.com.au	Personal training, weight-loss challenges

FIVE QUESTIONS TO ASK A PERSONAL TRAINER

01 In addition to Certificates 3 and 4 in personal training, what other experiences do you and your trainers have in relation to fitness and lifestyle?

02 For somebody that does not enjoy the gym, what other activities can I participate in to improve my fitness?

03 What methods do you use to gauge your clients' physical ability or inability and to monitor progress during a session?

04 Can you give examples of success with previous clients, especially clients who have kept their weight off?

05 Prior to signing any agreement, can you guarantee results? If not, do I get my money back?

Source: Flawless Personal Training

BRW. +

BRW.COM.AU

- Accounting firms
- Debt collectors
- Hotels
- Cleaners
- Packaging
- Web developers
- Private equity
- Health and safety
- Event planners
- Charities
- Export agencies
- Real estate
- Recruitment
- Media and PR
- Market research
- Office fitters
- Insurance
- Signage
- Advertising
- Legal services
- Finance brokers
- Travel services
- Leasing and hire

THE BRW LIST

GET IN FRONT OF THE READERS

The BRW List highlights important companies in an industry to help small and medium enterprises access services and support. To list your company, email details to echantiri@brw.fairfax.com.au. Please ensure that information is sent at least four weeks before publication. Upcoming directories are listed on the right.

COMING UP

Issue date	Business directory
Mar 18	Private equity firms
April 1	Sales training firms
April 8	Advertising agencies
April 15	Commercial property brokers
April 22	Stockbrokers
May 6	Website designers