Carol Cooper, Focus Fitness and Wellness Coaching

Carol runs a variety of fitness sessions which include group fitness, core foundations, and metafit. She also offers personal programmes and lifestyle consultations as well as personal training sessions.

Personal Programme and Lifestyle consultation

When something breaks down or isn’t performing well we have a tendency to get it fixed without giving to much thought to why or how it went wrong. While this may be fine for your car or TV, we can argue that it is not good enough for the body.

A personal Programme and lifestyle assessment addresses the bigger picture. We will cover nutrition, sleep, work, family and health issues and devise a programme that best fits you and gets the desired results. I will assist you with a plan to achieve your goals and increase your belief that you can be successful.

Whether or not to place boundaries on what is possible vs impossible is a choice you make, you can use the past as a measuring stick for the future or a stepping stone toward your goals. Regardless of the outcome it stops and starts with you.

My job is to give you the tools to empower you to become a better version of yourself.

The cost is $70 for a 70min session, follow ups are recommended every 4-6 weeks to ensure you are staying on track or you may opt for a 1-1 Personal training session on a more regular basis.

Personal Training

Are you turning up to the gym and not getting the most out or your time or workout? Feeling unmotivated? Bored? Not sure if you are doing the exercises correctly?

Then 1-1 Personal training is for you. PT sessions keep you accountable and are a fun, motivating way to stay on track with your training.

1 hour session $40. Please see booking sheet in gym or contact Carol for available times.