



PRIVATE SESSIONS WITH AN EXERCISE SCIENTIST/STRENGTH & CONDITIONING COACH

Somerville House now offers private sessions with our in house level 2 Strength & Conditioning coaches. All our coaches are university qualified and highly experienced in working with a range of athletes and general population. Private sessions will have a strength focus and be individualised according to the client's needs.

Services:

- General strength
- Hypertrophy (muscle growth)
- Rehabilitation
- Aerobic endurance
- Weight loss

Sessions:

Tuesday and Thursday 8.30am - 9.30am, Ladies strength session. All Ladies Sessions can be paid for through the Aquatic Centre Canteen.

Tuesday, Thursday and Friday's 8.00am - 3.00pm private sessions by appointment.

Bookings:

For all bookings and inquiries please contact Freya Greensill, Director of Strength and Conditioning fgreensill@somerville.qld.edu.au.

Cost:

Ladies strength Session

1 session per week – \$250.00 for the Term

2 sessions per week – \$450 for the Term

Casual class will be \$30.00

One on One:

- \$55 for 30min
- \$70 for 45min
- \$80 for 60min

Alternative group sessions can be made by appointment.

A school of the Presbyterian and Methodist Schools Association. The PMSA is a mission of the Presbyterian and Uniting Churches.

