



PRIVATE SESSIONS WITH AN EXERCISE SCIENTIST/STRENGTH AND CONDITIONING COACH

Somerville House now offers private sessions with our in-house level 2 Strength and 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

Thursday 8.30am to 9.30am, ladies strength session. All Ladies Sessions can be paid for through the Murray Evans Sports and Aquatic Centre Canteen.

All One on One sessions booked 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
- 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.

