

Welcome to Funatical Fitness

Written by Administrator

Wednesday, 27 January 2010 00:00 - Last Updated Monday, 11 October 2010 02:25



Putting the FUN back into Exercise

We have been greatly anticipating the launch of Funatical Fitness Personal Training Website and look forward to working with you to achieve your health and wellbeing goals. funacticalfitness personaltraining funactical fitness personal training

Welcome to Funatical Fitness Personal Training, the Personal Training, Group Fitness Training, Pre / During / Post Pregnancy Training and Nutrition solution for Knox, Ferntree Gully, Wantirna and surrounding areas. We really do put the fun back into fitness! funactical fitness personal Training Funactical Fitness personal Training

Why Choose Funactical Fitness Personal Training?

Millions of Australians are struggling with weight loss and weight maintenance, but don't enjoy going to the gym and/or find it hard to self-motivate. To be successful in the game of life we need to give ourselves the best chance to thrive – this includes looking after our physical, emotional and mental health. Studies have proven that regular exercise and good nutrition are vital to achieve balance in all aspects of our lives. funactical fitness personal Training funactical fitness personal training

Funactical Fitness Personal Training specialises in providing you with fun, functional exercise in an environment that fits into your lifestyle:

[One-on-One Training](#)

[Fitcamp](#)

[Small Group Training](#)

[Pregnancy and Post Natal Training](#)

[Mums' Walking Groups](#)

[Nutritional Advice](#)

BRAND NEW BEGINNERS FITCAMP starting October 2010!

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Have a look around the site, read our client testimonials and contact Kristina today to book in a session!