

FIIT HAPPENS

Come ready to sweat and prepare to leave empowered and feeling strong.

FIIT Happens focuses on developing your confidence, your fitness and your strength.

No matter where you are starting from; beginners to advanced you'll have a great workout ahead of you!

RAISE THE BAR

These sessions focus on progressive overload and really take your training to the next level.

With smaller group sizes and lots of barbell work, coaches can focus on perfecting your technique through strength exercises and encourage you to do more than you ever thought you could.

FIIT 50s+

A session designed for those 50 and over to look at building strength, fitness, co-ordination and balance.

If you're looking to start fitness a little later in life or build upon what you have this is a great class for you!

Expect to work with Barbells, dumbbells, kettlebells and cardio equipment!

EX-PRESS FIIT

This is a shorter session that will give you everything you need for a great lunch time workout session!

Focusing on getting your heart pumping and your muscles burning.

In these sessions you can expect to be doing circuits that combine strength and endurance!

LVL UP REWARD SCHEME

"The more you do the more you get"

At LVL5 we want to reward you for looking after your health and well-being.

By becoming a member, you automatically enrol in our Rewards Scheme.

You can earn points for things like visiting the gym, attending classes, purchasing supplements and much more...

You can then redeem gifts with your points from a free coffee right up to personal training sessions!

