

What is F45 Training

Combining the industry trends of group training and functional fitness, F45 delivers premium team training in a boutique studio environment.

F45 Training is a team-based, functional training facility that places a huge emphasis on the 'three key factors' of motivation, innovation and results.

At F45 (the F stands for functional), no program is ever repeated, making every workout a unique experience.

F45 offers 16 customised training

systems, unique circuit movement patterns, 15 different timing modules, over 4,000 exercises, and workouts that change every day. The aim is that clients remain motivated and challenged, and hence achieve great results. The workout training systems are individually branded and patented, each having unique identities.

Mothers are well catered for as F45 can assist them get back in shape faster. According to Owner/Manager of F45 Coolum, Brett Roche, juggling



small children whilst attempting to train can be quite challenging. That's why we offer Coolum mums a safe

and caring environment for their children where training hard and their children's wellbeing goes hand in hand.