

Mums rewarded for training hard at F45

Some mums lift more than just their kids. Owner and manager of F45 Coolum Brett Roche said we help mums get back in shape fast.

"We understand that juggling young kids and fitness can be a challenge and that is why we offer Coolum mums a safe and caring environment for their kids to play so they can have the opportunity to train hard and focus on themselves for a moment in their day."

We offer free child minding every weekday, at the 9:15am class just for mums/parents with busy little bubs and toddlers."

This Saturday we are celebrating Mother's Day at the studio. Every F45 mum who comes to train at either the 6:30am or 7:30am class will be honored. There will be some super prizes up for grabs on the morning .

Happy Mothers Day to all the Mums from the F45 Training Coolum team!

