

the commons
health club

Personal Training

You Deserve It All

Sports-Science Testing Meets *Premium Personal Training*

After years of research, drawing inspiration from the world's best gyms and consulting with leading experts, we've designed a system that delivers truly bespoke and measurable results.

What sets our offering apart is the integration of elite-sports testing equipment.

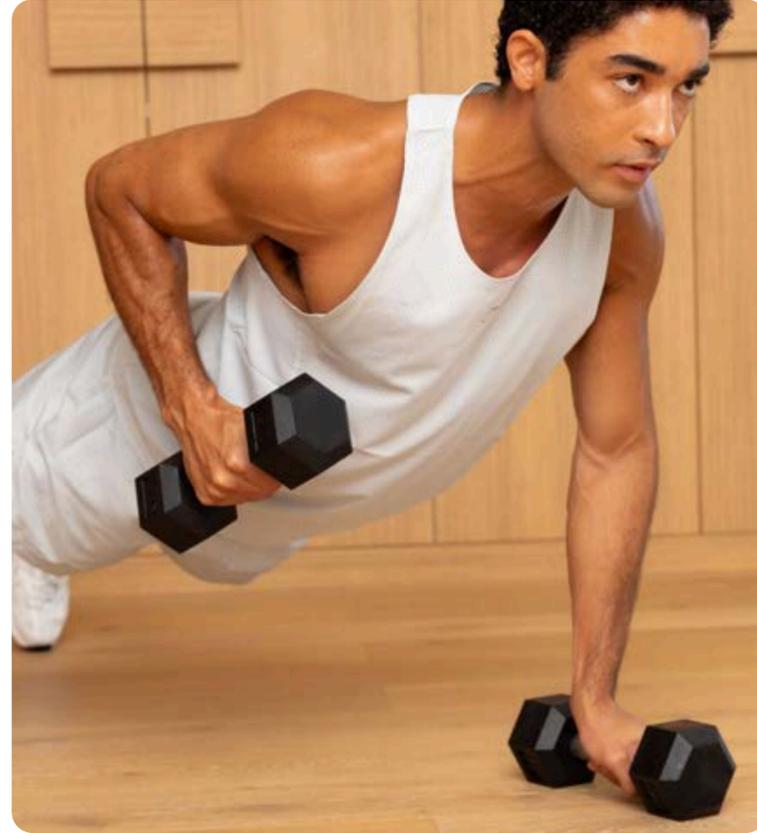
This allows us to combine subjective information with objective data, providing athlete-level training for our clients.

Our personal trainers are among Australia's finest, educated in exercise science, and with decades of coaching experience between them. Whether you're simply looking for guidance and structure, or are training to achieve a specific goal, The Commons Health Club has the tools and expertise to get you there.



Science-based

- + Body composition analysis
- + Biomechanics testing
- + Force-velocity profiling
- + Testing & formal reporting



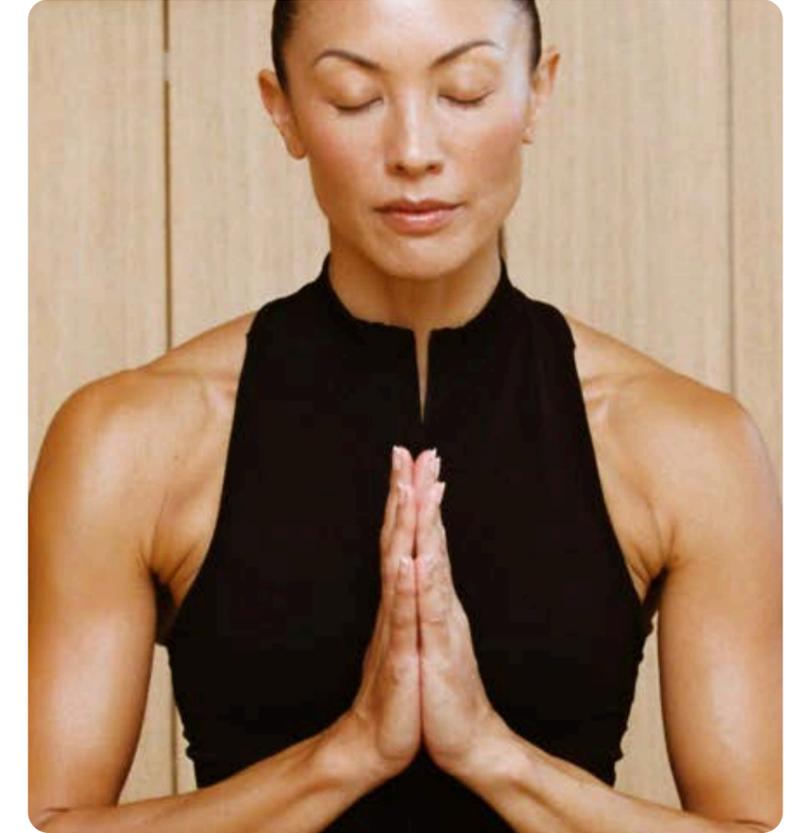
Bespoke plans

- + Personalised training program
- + Weekly wellness structuring
- + Macronutrient tracking & support



Elite coaching

- + World-class practitioners
- + Periodised & progressive training
- + Frequent testing & analysis
- + After hours support



Holistic approach

- + Integrated practitioners
- + Wellness & recovery access
- + Mindfulness experts

Expansive Gym Floor



Spanning over 650 square-metres, our expansive gym floor is home to hand-made equipment from some of the world's most premium fitness brands, ensuring every corner of your fitness journey is covered.

Our club features purpose-built assessment studios, with sport-science testing equipment used by the world's major sporting clubs. This allows us to treat your journey like that of an athlete preparing for peak performance.

+ VALD HumanTrak

+ VALD ForceDeck

+ VALD DynaMo

+ InBody 580

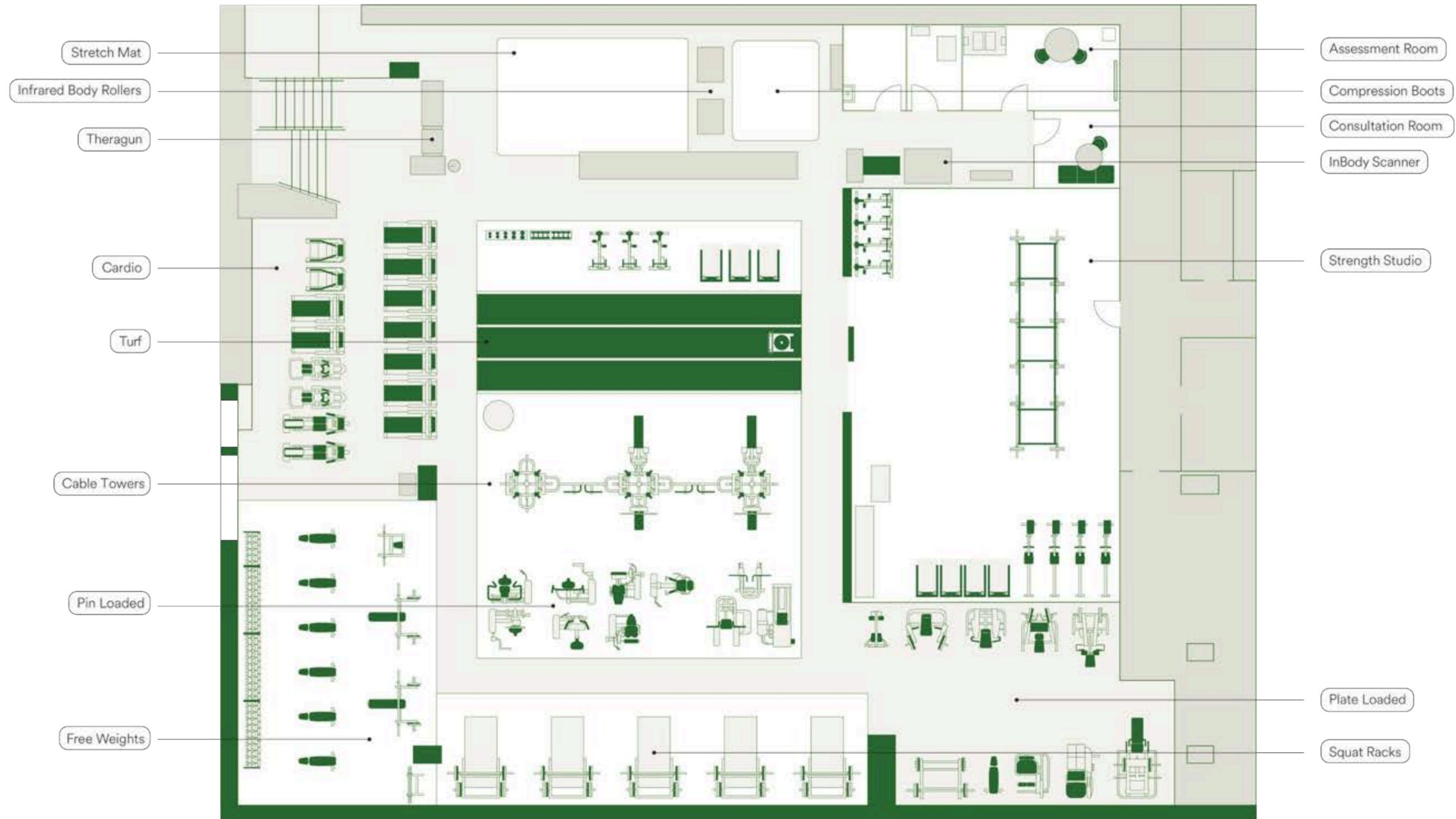
+ Lymphatic compression boots

+ Infrared body rollers

+ Theragun pro massage guns

+ Stretch & recovery zone

Richmond Floor Plan



Our Process

Your personal training journey will begin with a complimentary health assessment to create a truly bespoke program designed to help you reach your goals.



Health Assessment

A 50-minute session designed to gather both qualitative and quantitative insights, allowing us to understand your unique profile. We assess key physical qualities such as strength, power, and mobility, while also screening for imbalances or injury risk.



Your Bespoke Program

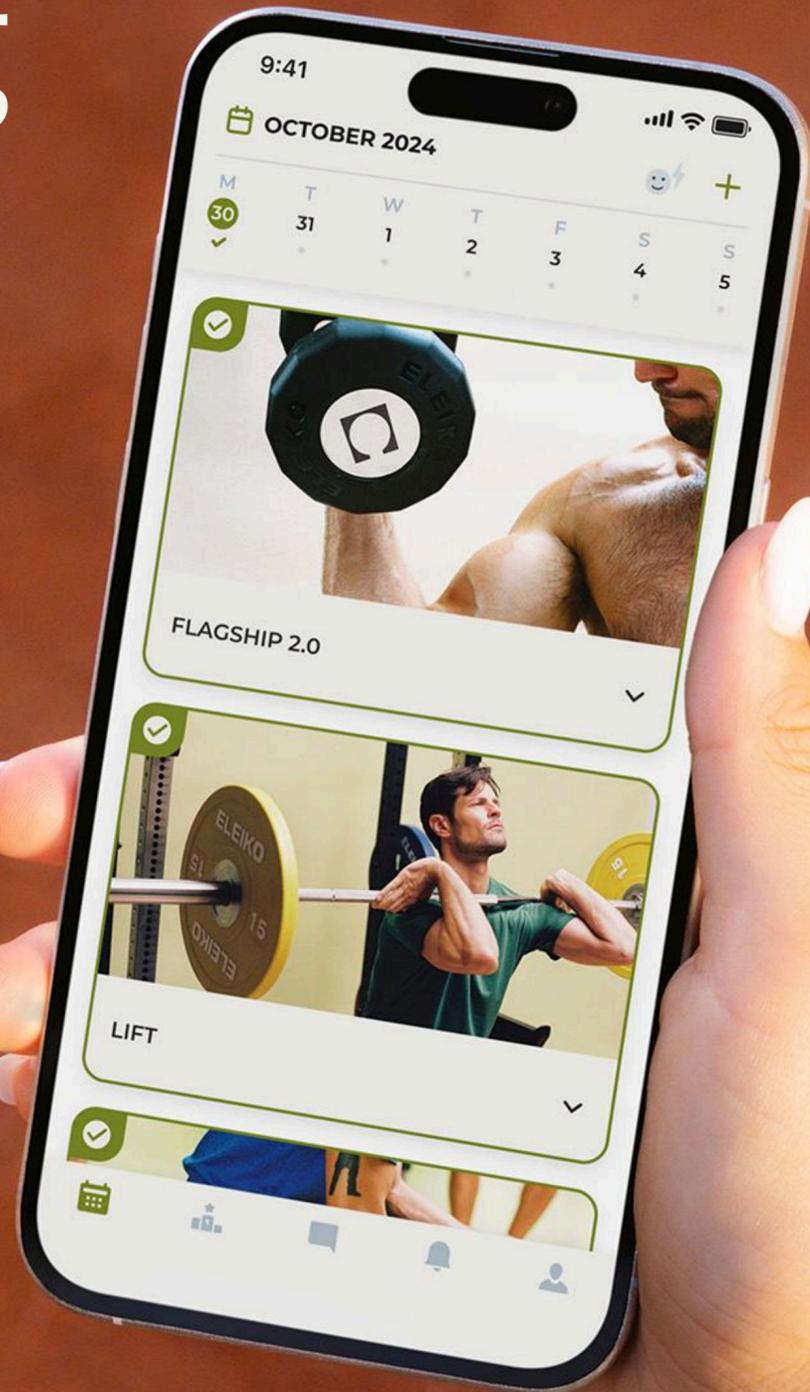
Once your assessment session is complete, we consolidate your results into a personalised health report outlining key focus areas and benchmarks. This report forms the foundation of your training approach and is used to create your unique, tailored four-week initial training program.



Ongoing Analysis

As you move into regular coaching, you'll receive weekly programming and check-ins to support consistent progress. At the end of each training block, we will conduct re-testing in our sport science assessment room to measure outcomes and refine the focus for your next block.

Our Personal Training App



Our personal training app is your training hub.

In the app, you'll find your bespoke exercise plan, a library of exercise videos, and a metrics page to track your body, strength and nutritional progress.



Track your data

Visualise your strength and body composition progress over time in the metrics tab.



Video library

Have your expert coach in your pocket with a full suite of in-house exercise demos.



Training log

View your upcoming sessions and log your performance on the calendar tab

Download the app



Contact Us

Call, email or text - whichever works best for you.

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