

Trek Group Training

The Training



Taste the Adventure together with PEP Health are providing the Trek Group Training for Kokoda Spirit.

The Trek Group Training sessions are designed to prepare you both physically and mentally, for your chosen adventure.



We will encourage you to step outside your comfort zone and support you to confront your personal challenges and deal with your fears.

Beginning at entry level, the training sessions incorporate all aspects of fitness, to get you into peak condition for your trek:

- **nutritionally balanced energy foods**
- **strength training**
- **cardiovascular activities**
- **core & abdominal exercises**
- **flexibility stretching exercise**
- **specific targeted training and**
- **mind strengthening & empowerment.**

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The Training

Duration:

Group Training programs run up to 12 weeks blocks

- Min. 2 x sessions per week
- Approximately 1~2 hours
- At specified locations

**** *Additional training can be tailored to individuals and groups who are wanting to further increase their health and fitness goals.***

Cost:

Trek Group Training package:

- 12 weeks:- min.10 participants per group -\$20 per person per session
- Price on application for groups smaller than 10.

**** *Payment required prior to commencement of training***

Locations:

- Como Park,
- Prahran Pools,
- Botanical Gardens,
- Albert Park,
- Pep Studio, Windsor
- St Kilda Beach,
- 1000 Steps, Ferntree Gully,
- Montrose

**** *regional group training available throughout Victoria***



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Personal Training:

- ❑ Taste the Adventure & PEP Health provide personal consultations and personal training.
- ❑ Personal training sessions are for those individuals who want to gain an edge over their health and fitness and increase their strength, endurance and energy.
- ❑ These personal training sessions are also popular for individuals wanting to enhance their exercise techniques, develop new skills and increase their fitness to optimal levels. Also fantastic for the beginner.
- ❑ Individual programs are tailored for your specific needs with your own fitness specialists.



Personal Consultations:

- ❑ Consultations are available for individuals to discuss personal goals and gain knowledge to increase health, confidence and overall wellbeing.
- ❑ Locations are @PEP Studio (Windsor), surrounding parks and facilities.

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Additional Information:

Facilities:



PEP's fully equipped Personal Training Studio is located at Level 1/ 86 Punt Rd, Windsor ** (near St Kilda).

Activities include:

- **Boxing,**
- **Kick boxing,**
- **Treadmills,**
- **Towers,**
- **Bikes,**
- **Stepper,**
- **Pilates,**
- **Yoga ,**
- **Abdominal training &**
- **Full weight training,**



Taste the Adventure



***surrounded by Melbourne's park lands for all round training and activities.*

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