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Spectacular Georges Heights

Mosman's Best Kept Secret

over forty fitness
gym est.1990

Award-winning boutique gym
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over forty fitness



Is an award-winning boutique Mosman gym that is fully equipped, offers a relaxed social atmosphere, has easy parking and welcomes all fitness levels. A pay-as-you-go system means no lock-in contracts.

Director Gareth Corbett says, "Over Forty Fitness provides a high level of constant supervision with a trainer always on hand with help and advice. Of course clients are also free to work out at their own pace. Personal training is available for closer attention".

Rehabilitation clients are also welcomed, with some regulars having had replacement surgery, strokes, cancer and diabetes, amongst others. By visiting Gareth in his role as an accredited exercise physiologist, clients seek relief from chronic conditions in a similar way those with acute conditions seek a physiotherapist. Gareth explains, "I work with the referring GP/specialist to ensure a combined care plan and Medicare rebates. My accreditation includes a masters degree in Exercise and Sports Science from The University of Sydney and many clinical hours".

Over Forty Fitness now runs in-house individual and group pilates classes overseen by newly appointed Christy Simpson, an exercise physiologist and professional pilates instructor.

Showers, lockers, changing facilities and disabled access provided. Health fund rebates where applicable.

phone: 9960 6660 mobile: 0431 909 804
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