

Eos Personal Fitness Academy

Steve Compton & Sean Hannam opened the doors to Eos Personal Fitness Academy for business in the early months of 2007, with the goal of providing a service that no other Fitness Centre could offer. Hence the name "Eos"; the Greek word for The Goddess of The New Dawn, or New Day seemed appropriate. After working in various Gyms across Australia & the U.K, the need for something different, away from the cliché Personal Training Studio was more than apparent. Using experience gained over the the last twenty years, these two accomplished Fighters and Martial Artists put their heads together to establish what is becoming one of Brisbane's fastest growing Fitness Centres.

The Eos Academy boasts an extensive range of clientel, from Professional Athletes and Fighters to Business Professionals, Doctors and Lawyers to Stay at Home Mums.

The team all being certified Personal Trainers and individually qualified in their own areas of expertise, use their knowledge to ensure the correct techniques and form, are taught to their clients at all times.

Eos clients are all trained as individuals, with programs designed to suit their specific needs, abilities & goals. Thus preventing Eos programs from becoming just another boring Boxercise experience & incorporates Self Defence & Fitness in a fun & relaxed session.

Personal Trainers from other Gyms & Studios around Brisbane, Interstate & Overseas also train with Eos Instructors to enhance their knowledge & to update their skills on a regular basis. Our trainers are also in demand for Martial Arts Seminars all over Australia.

Please visit our Media page to view video of our Clients training.

WE OFFER:

- Personal Fitness
- Group Fitness Classes
- Martial Arts and Boxing (Personal & Group Tuition)
- Weight Management
- Sports Specific Programs
- Corporate Groups
- Self Defence Courses
- Boxing Ring, Bags and Pads
- Modern Air Conditioned Facility with Showers