Aston Fitness: The Studio

Where the magic happens.

At Aston Fitness, we realize that nobody has hours on end to spend at the gym. Working with a trainer allows the focus to remain wholly on you. Our unique method of "smart" training encourages maximum benefit in the minimum amount of time.

Our studio is dedicated exclusively to helping you achieve your goals. An elite group of fitness professionals work on-on-one with you every step of the way demonstrating technique, inspiring you, answering questions, monitoring your progress and adjusting your program as your needs change and your abilities grow.

No matter what your health and fitness goals may be, your results are monitored at regular intervals to enable us to fine tune your training and diet plan accordingly and ensure your progress never reaches a plateau.

We will provide you with a full body composition analysis. Using this valuable information, we then design your personal program. A menu plan and realistic time-frame are formulated, providing you with the focus and guidance required to create a better body.

We have now introduced a membership option to make our facility more accessible to all. This enables you to make use of our state-of-the- art Cardio Zone and Aston Express circuit and classes at your leisure. It's great for busy people who'd like to fit in a little extra cardio or a TRX class where time permits.

“This state of the art facilities brings together 20 years of experience and passion under one roof. It is everything I have dreamed it will be and more. I am so excited about my new studio and I can’t wait to see you all down there.”

Donna Aston