



Zofia Chylak

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## ABOUT

“

*“We take an individual approach to your training because it is the most effective way for you to reach your goals”*

— Tal Evans

### ABOUT

Project Fitness is a high-performance training facility that was developed on the notion that not any individual is the same as the next, so neither should their training program. With the use of functional based training, Project strives to provide high levels of individualised service by tailoring each program specifically for the needs of the client and ensure that they get the most out of each session. This enables the individual and their body to perform to the best of its ability, and can avoid injury.

As well as optimal training advice and 24-hour access to a premium training facility, Project Fitness offer a range of other services such as personal training, physiotherapy and expert nutrition advice. Through these services, Project clients can obtain a holistic approach to their overall wellbeing and enable them to reach their greatest potential. With specialists working in each area, Project guarantee an optimum service that cannot be found elsewhere. Creating a strong team atmosphere, Project facilitate an environment where everyone is motivated to reaching their own goals, and uplifting others to reach theirs.

