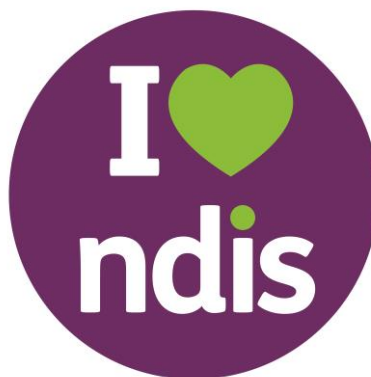


Jump into fitness is within

We are an independent organisation helping people of all ages and abilities to achieve their health and wellbeing goals. We pride ourselves on our dedication and enthusiasm to give back to the community and to the people who have supported us on our journey.

We offer a wide range of membership and product deals to suit everyone.



Please contact us for further information on any of our services or to make a referral. Our contact details are:

Address: 6/43 Berrimah Road,
Strath Village, Northern
Territory, 0828

Mobile: 0413 709 701

Email Address:
fitnessiswithin@hotmail.com



*We look forward to working
with you to achieve your
goals.*



GYM OPEN hours

Monday - Friday

6:00am-8:00pm

Saturday

7:00am-12:00pm

Sunday (gym closed)

Classes only

Registered NDIS Provider

Improved Health and Wellbeing

We are a registered provider for the National Disability Insurance Scheme (NDIS), who can provide services under the following support items:

- ***Exercise Physiology***
(12_027_0126_3_3)

Individual advice to a participant regarding exercise required due to the impact of their disability.

- ***Exercise Physiology in a Group - Group of 3***
(12_028_0126_3_3)

Advice to a participant regarding exercise required due to the impact of their disability, provided in group setting, assuming a group of 3.

- ***Personal Training***
(12_029_0126_3_3)

Personal training provided to a participant due to the impact of their disability.

LOCATIONS

We run our services in a range of locations across Darwin:

Marrara Stadium

10 Abala Road, Marrara, Northern Territory, 0812

Jingili Water Garden

91 Freshwater Road, Jingili, Northern Territory, 0810

Gym

6/43 Berrimah Road, Strath Village, Northern Territory, 0828

Or we can come to you with our mobile gym service.

