

Muscles & Joints Personal Training

Amanda Bradbury - Certified Personal Trainer ABN: 13746450696

Phone: 0433 569 363 Email: manda-iane-86@hotmail.com

Written explanation that expands the information in the Application for Development Approval.

Hours of Operation

6:00am to 7:00am Monday to Friday = Possible sessions per day 1

9:00am to 2:00pm Monday to Friday = Possible sessions per day 5

4:00pm to 6:00pm Monday to Friday = Possible sessions per day 2

10:00am to 12:00pm Weekends = Possible sessions per day 2

Number of Employees

1 – Owner/Operator Amanda Bradbury

Number of Clients on site at 1 time

One on One Personal Training (1 Client)

One on Two Personal Training (2 Clients)

Number of Clients per day

Max 8 – Average will be 5 per day

Types of Sessions Offered

45-minute sessions, with 15 minutes between each session. Sessions comprise a Warmup, Stretching, Full body Weight/Cardio or Functional Training dependent on the individual goals, Cool down, Stretching.

Development

No structural changes will be made to the house in relation to the studio area

Gym equipment will all be temporary fixtures and only secured to walls where required for safety/fall risk.

Gym Equipment

Treadmill (Max load 130kg)

Free Weight Dumbbells (Max weight 10kg)

Kettlebells (Max weight 8kg)

Medicine Balls (Max weight 12kg)

Barbell (20kg Olympic Bar)

Bumper Weight Plates (up to 100kg combined weight)

PT100 Functional Trainer (Max load 120kg)

Weight Bench

Music

Music will be played at an appropriate volume, with no excessive noise or bass.

Parking

Parrell street parking is available across the road at Maiden Reserve, or a single parking space will be available in the driveway for clients; no kerb parking will be allowed.

Signage

1x A3 temporary sign to be displayed within the property boundary (in the front garden)