Kingswood College and EFM Health Clubs work in partnership to provide a first class on-site health club within the Sports Centre located in the Middle School.

EFM provides an excellent gym facility for Kingswood College students and the wider community.

We are here to make it an easy and affordable way for you to achieve your health and fitness goals, whilst maintaining a healthy and balanced lifestyle.

What we provide are uniquely tailored Personal Fitness Programs, where our members are our number one priority.

*Unlimited personalised fitness

*Flexible monthly memberships

*No lock in contracts or joining fees

www.efm.net.au
boxhillsouth@efm.net.au
0419 545 960
*EFM never locks you into a 12-month contract. Your membership is always month-by-month, the challenge is on EFM to ensure you achieve results, have a positive experience and receive value for money.

*At EFM, you have your own individual personal fitness coach. All programs cater for individual needs, which means you can train towards your own individual fitness goals and achieve your results faster.

*EFM maintains an average trainer to member ratio of 1.12 So your trainer is always readily available an you receive personal fitness coaching at a fraction of the cost of a personal trainer.

*EFM Health clubs are fully serviced clubs providing a Fitness Coach at all sessions to ensure you exercise in a safe environment and maintain correct exercise technique for a more effective work out.

*At EFM, we like to provide you with continuity of trainer which means we know what motivates you, your fitness level, what exercises you like, any injuries you may have and the intensity at which you like to work at.

*EFM programs change daily to provide you with varied programs to keep you challenged and motivated.

*There are 70 EFM Health clubs across Australia so there is always an EFM near your home, work or holiday location. Your membership gives you reciprocal rights to any EFM club.