

NEW BUSINESS OF THE YEAR

TNT FITNESS



TNT Fitness is a family owned and operated business based in Esperance, Western Australia. TNT believe in family first, fitness second and they pride themselves on helping others improve their quality of life through fitness. Established in 2013, TNT Fitness offers a range of services including Group Fitness, Personal Training, Small Group Training, Sports Specific Coaching and Online Coaching.

TNT are excited to offer the Esperance community a fitness facility that caters for more than just the average gym workout. TNT have plenty of space for free weights, machines, group sessions, numerous power racks, competition benches, plenty of barbells and more. There is also a separate area for bodyweight training such as Zuu, Dirty30 and boxing, plus a room specifically dedicated to TNT's MetaPWR, REPPZ and Sport Specific sessions.

TNT Fitness is a 24/7 Gym Facility with a focus on Strength, Conditioning and HIIT training. TNT Fitness provides one on one or small group training services to the community. Their trainers have experience in sports conditioning, strength training and more and they also offer HIIT sessions similar to our group sessions for those who aren't yet comfortable in a group setting.

TNT's Group Fitness sessions include using a range of equipment from kettlebells and barbells, to battleropes and more. These sessions are short and sharp, meaning you can be in and out within 45 minutes. TNT's group sessions combine resistance training, ballistic exercises and bodyweight training to offer their members a full body conditioning workout.

TNT's Personal Training includes: 1-on-1 or 2-on-1 Private sessions for those who have specific goals, don't enjoy a group environment or just need that extra push!

TNT's Sports Conditioning includes: Strength Technique and Conditioning Sessions for individuals or Sports teams. Improve your fitness and improve your game!

TNT's Personalised Programming includes: trainers writing up a Personalised Program for use in the gym or at home. Strength, Sports Specific and more.

TNT's 10 Week Fitness Blitz is run during school terms and includes group sessions, weekly challenges, nutrition tips and some sweet prizes!

At TNT Fitness everyone is welcome, no matter your age, size, gender or fitness level. With a no-nonsense approach to training, they offer sessions for all individuals and pride themselves on providing an environment that is fun, supportive and motivating. From traditional gym workouts, to TNT's unique group sessions, there is something for everyone.