

Columbus, OH Gym's New Knockout Fitness Class

Shawn Chastain June 25, 2014



AussieFIT KnockOut Fitness Class

AussieFIT, a local 2-club fitness chain in East Columbus and Hilliard, OH, is hosting its 1st ever live Google Hangout featuring their Small Group Training program KnockOut on July 1st at 7:30pm EDT.

(Newswire.net -- June 25, 2014) Columbus, OH --

AussieFIT, a local 2-club fitness chain in East Columbus and Hilliard, OH, is hosting its 1st ever live Google Hangout featuring their Small Group Training program KnockOut on July 1st at 7:30pm EDT. This 10-15 minute live video chat session will allow Columbus residents to check out AussieFIT and one of its most popular team training programs – KnockOut.

On July 1st, Joel Theissen, executive and trainer at AussieFIT, will host the program. Viewers can log-in for questions and interaction as the program progresses. Joel will demonstrate the program and answer any questions live as they come in.

KnockOut features workouts with heavy bags, kick bags, and speed bags. Participants wear gloves and wraps as they punch, kick and rip their body into shape; all while working under the supervision of a Certified Personal Trainer.

Team Training is a growing trend in fitness that allows individuals to take advantage of Personal Trainers in a small group setting. The KnockOut program moves away from traditional weight/cardio-based machine training. The newly launched structure also lessens the financial burden that many people associate with one-on-one personal training, which are normally \$60-\$90 per session. Unlimited individual team training sessions cost under \$20 per week, or opt-in for around \$15 per session.

Joel Theissen, an Aussie himself, comments, "We want to get Columbus active in any way we can. If an online, interactive session gets the message across, then that's how we'll reach out. This will also allow people, who might otherwise be intimidated to walk into a fitness club, to see and hear how these types of programs are changing how people work out and get in shape. Who knows, it might even inspire them to try it out."

To view the live session, click this link: <https://www.youtube.com/watch?v=ae9ADSxnyWs> at 7:30pm EDT on 7.1.14.

AussieFIT, LLC is a two-club fitness group started by Geoff Dyer, former founder of Lifestyle Family Fitness, in November, 2011. The clubs boast over 25,000 square feet, cutting-edge strength and cardio equipment, a cycling studio, large group fitness space featuring Zumba, Silver Sneakers and Les Mills group fitness (BodyPump, BodyStep, BodyCombat, ect..). Child care, tanning, saunas and locker rooms are also available.

<http://www.youtube.com/watch?v=ae9ADSxnyWs>
<http://plus.google.com/events/ci1of6q1cruut9pn5g0sdrk81c>

If you would like to interview Geoff Dyer please contact Gina Bailey at gmbailey@verizon.net or 813-288-0771. For more information on AussieFIT, please visit www.aussiefit.net.

The two clubs are located at:

AussieFIT

3830 Fishinger Road
Hilliard, OH United States 43026
614-771-1600

AussieFIT

*5929 East Main St.
Columbus, OH United States 43213
614-755-4400*

geoff@aussiefit.net

<http://www.AussieFIT.net>

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