Above & Beyond Fitness Hub

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Company logo

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Above & Beyond Fitness Hub is your trusted 24-7 fitness gym packed with expert staff and state of the art equipment. Our team believes in offering an inclusive and holistic approach to your well-being. We will help you use the correct form whether you are lifting free weights, using a squat rack, or using one of our pin loaded training stations. Our exercise physiologist is focused on supporting and connecting with you to make your approach to fitness unique. We will help you progress through your fitness journey.

We offer a comprehensive approach to fitness, which includes a focus on physical form as well as nutrition, mental health, and all the social benefits that come from being part of supportive fitness communities. We are committed to building an inclusive motivating community and offer a wide range of group training sessions in a variety of forms:

- 6 Week Challenge - Ready to make a lasting change? Join us for our 6 week body transformation challenge and take charge of your health.
- Boxfit - Our BoxFit classes are high-energy and fun. We focus on cardiovascular fitness, muscle toning, and maximising endurance whilst incorporating fundamental boxing skills.
- Cardio Classes – Our balanced cardio classes focus on building endurance, improving fitness, and burning calories in a fun and welcoming environment.
- Mobility Classes – Our mobility classes are completely focused on improving how well your body moves by implementing tailored functional exercises.
- Strength Training Classes – These classes are specially designed to build functional strength. Join us here to build practical strength that helps you avoid injury and that you can use every day.

- Flexibility Classes – Our stretch and recover classes focus on releasing any restrictive or tight muscles. Move smoothly and without pain in our recovery training classes.
- Gyms for Teens – Give your kids a kickstart into a healthy lifestyle with our exercise classes specially designed for kids and teens.

Experience gym memberships like you’ve never know before by joining our happy fitness community based in Jindalee, Brisbane. Reach out to us online to get started on your fitness journey today!

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