



Celebrating 150 years.



Unit 2, William Jolly Place

309 North Quay,

BRISBANE 4000

Fitness 4 U has provided an amazing way for our business to create an incredible team spirit with people of all levels running, boxing, weight training and of course, sweating, alongside each other! Our regular training sessions are the topic of emails and office banter and quite a number of smiles and jokes along the way. It is great to see our people improving with each session and encouraging their team mates to run faster, punch harder or do more sit ups! Thank you Ron and the team at Fitness 4 U for motivating us and driving us to reach our goals.

Natasha Wells

Construction Manager

Cockram Construction Ltd

ACN 004 799 508