

EFM Health Clubs Cairns

Mon-Sat

530am to 9am

We are here! After a crazy year of remodeling and renovations, I am proud to announce EFM Health Clubs Cairns is back up and running; bigger and crazier than before.

Mon-Thurs

330pm to 730pm

New Owner

During the renovation of the HOB, and consequently, the gym, Awesome Chrissy made the decision to concentrate her time on teaching. So, seeing the amazing community she was a part of, I jumped at the chance to take the reins.

Friday

330pm to 7pm



My name is Karen Skudder. I am a proud parent of two St Mary's students, and have been running my own fitness business for the past 7 years.

I have in the past worked for Chrissy, and have been around the St Mary's College for the past 6 years.

We are different to "normal gyms". Our point of difference is – we offer personalized training, without the Personal Training price tag; with a coach on hand at all times to help you through your workout.

We are open to the public 6 days per week.

We offer Students a discounted rate, and use of the gym from 330pm to 430pm Monday to Friday.

My contact details are – mobile - 0412 173 764

Email - cairns@efm.net.au