## EFM Health Clubs Cairns

Mon-Sat 530am to 9am

Mon-Thurs

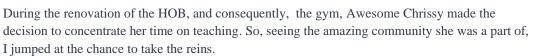
We are here! After a crazy year of remodeling and renovations, I am proud to announce EFM Health Clubs Cairns is back up and running; bigger and crazier than before.

## **New Owner**

330pm to 730pm

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 past6 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