

Welcome to club Peak Physique

Sport Aerobics 2016!

Gain fitness, strength, flexibility and power with the love for Sport Aerobics.

With 2014 Senior Fitness World Champion and 4 time World Championship competitor Emma O'Keeffe as coach and mentor.

Ages as young as 7 years old – Unisex sport!

Option to compete as a Soloist, in Pairs, a Trio or in a team of 5 to 8.

Participate for fun and fitness or take it to the next level and compete to qualify for state and national championships!



Contact us:

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Peak Physique Women's Fitness

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