



The Degrees of Fitness Gym offers a professional exercise science approach to their programs, specifically designed for each individual.

Many of our referrals come from physiotherapists and doctors.

Call us now!
For more information contact us at Degrees of Fitness Gym or visit us and we can show you around.
07 5457 1080

Sunshine Coast TAFE Mooloolaba campus
34 Lady Musgrave Drive
Mountain Creek QLD 4557



Money is the most envied, but the least enjoyed. Health is the most enjoyed, but the least envied.
(Charles Caleb Colton)

Find us on 

www.sunshinecoast.tafe.qld.gov.au



Who are we?

Degrees of Fitness is based on the Sunshine Coast at the Sunshine Coast TAFE Mooloolaba campus. It is the health and fitness gymnasium centre, specialising in programs for:

- Older Australians
- Athletes
- Sporting teams
- People with disabilities
- People recovering from injuries
- People recovering from stroke, cancer and acquired brain injury
- People wanting weight loss
- People wanting to improve their core stability
- The general public looking for professional advice.

What makes us so different?

We are unique in the market because we offer a specialised, professional service at very reasonable prices. Staff and students are guided by exercise professionals whose qualifications include exercise science degrees, master degrees in disability and exercise science diplomas.

We do not operate with an off-the-shelf one size fits all mentality. Under the guidance of qualified staff you will receive a program that addresses your requirements, whilst assisting in the development of young people entering into the professional world of sport and wellbeing.

Who needs to use this service?

We all do.

As we age, if we don't exercise we lose bone density, strength, stability, flexibility, muscle mass and aerobic capacity. If we want to ensure that life is enjoyable, we need to make an investment in ourselves on a regular basis.

All of our members receive full hour-long assessments, postural analysis, joint flexibility tests, blood pressure checks and body composition reports. Programs are reviewed regularly to ensure you reach your goals.