



**Matthew Francis Paynter**  
 Director / Lifestyle & Fitness Coach



**BRIGHTON BATHS**  
 HEALTH CLUB

**FITNESS  
 LIFESTYLE  
 WELLBEING**

“More than fitness, it’s a way of living that embraces lifestyle and wellbeing. Uniquely connected to nature and encapsulating the vision of true health, where our skilled, friendly staff will guide you on your journey to enhancing the quality of your life.”

The Middle Brighton Baths is rich in history and culture and is an important part of Australia’s history. Established in 1881, the Brighton Baths has survived 2 world wars, a devastating storm in 1934 and 27 Prime Ministers since Federation in 1901.

Today, the Brighton Baths Health Club lives strongly and proudly.

High quality health professionals who are proud of the facility, our staff understand the immeasurable holistic health benefits of utilising this indoor and outdoor exercise venue.

We believe exercise should not always be about having a “work out”, depleting an already stressed body of vital energy. A sensible, long term approach to exercise and movement should include a “work in”, which involves building energy, reducing stress, lifting your mood and hence, placing yourself in a stronger, more balanced position, with a greater sense of wellbeing.

You are encouraged to engage the services of the staff to maximise your experience while allowing them to support, build and coach you to better health, remembering “the road to success is ALWAYS under construction.”



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**QUALIFICATIONS**

- CHEK Holistic Lifestyle Coach – level 1
- Certificate IV in Fitness and Personal Training
- Certificate III in Fitness
- Senior First Aid

**ADDITIONAL RELEVANT CERTIFICATES**

- Anthony Robbins Course; Unleash the power within.
- Anthony Robbins Course; Date with Destiny.
- Landmark Forum Course.
- Confident living for older Victorians course.