



Sports Industry Support Services

In Mackay, Queensland, the sports industry is well-supported by a range of essential services. From sports recovery to nutrition, and sports medicine suppliers to fitness facilities, Mackay offers a robust ecosystem of support services to cater to the needs of athletes, teams, and sports enthusiasts alike. These services play a crucial role in promoting sports participation, health, and wellness within the community, ensuring that both amateur and professional athletes have access to the resources they need to excel in their respective disciplines. Mackay's sports industry support services are a testament to the region's commitment to fostering a vibrant culture.

Business Name	Services Offered	Address	Phone	Email	Website
RECOVERY Some gyms have recovery capabilities, however there is also:					
Base Performance & Recovery	Contrast Therapy, Traditional sauna, Infa-red sauna, NormaTec Therapy and Strength & Conditioning, physiotherapy and massage on arrangement Offer packages and group rates	153 Paradise Street, Mackay, QLD	0405 215 555	admin@baseperformancerecovery.com.au	www.baseperformancerecovery.com
PHYSIOTHERAPISTS					
Active Physiotherapy Mackay	Physiotherapy, Gym/ Aquatic physiotherapy, Massage therapy, Occupational Health, Sports Rehabilitation	3/43 Gregory St, Mackay	07 4953 3557	reception@activephysiomackay.com.au	www.activephysiomackay.com.au
Active Physiotherapy Sarina	Physiotherapy, Gym/ Aquatic physiotherapy, Massage therapy, Occupational Health, Sports Rehabilitation	28 Central Street, Sarina	07 4953 3557	reception@activephysiomackay.com.au	www.activephysiomackay.com.au
Lively Physiotherapy	Sports Physiotherapy, Physiotherapy	3/52 Macalister St, Mackay	07 4957 5850	admin@livelyphysiotherapy.com.au	https://www.livelyphysiotherapy.com.au/
ACE Physiotherapy Mackay	Spots Physiotherapy, Musculoskeletal physiotherapy. Exercise rehabilitation, orthopaedics, soft tissue massage, dry needling	Shop 3/26 River St, Mackay	07 4818 1122	admin@acephysiotherapymackay.com.au	https://acephysiotherapymackay.com.au/
Physio Plus	Physios, Occupational Therapy, Exercise Physiology, Clinical Pilates, Massage Therapy	Mater Hospital Clinic Suite 27, Mater Hospital, 76 Willetts Rd	07 4942 5800	mackay@physioplus.com.au	https://physioplus.com.au/
Health First Mackay	Physiotherapist, Dry Needling, Shockwave therapy, Clinical Pilates, Low Level Laser Therapy, Dietetics	Unit 4/55 Gordon St, Mackay	07 4837 1633	mackay@healthfirstgroup.com.au	https://www.healthfirstgroup.com.au/
Elite Physiotherapy	Physiotherapist, Strength & Conditioning	9/137 Shakespeare St, Mackay	07 4999 9773	info@elitephysio.com.au	https://elitephysio.com.au/team/
Construct Health Physiotherapy Mackay	Physiotherapist, Exercise physiologist, Pilates	1 Old Eimeo Rd, Eimeo QLD 4740	4840 2122	mackay@construct-health.com	https://construct-health.com.au/



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MASSAGE					
Sports Health & Massage	Massage therapist: Remedial massage, remedial cupping, dry needling	240 Shakespeare Street, Mackay QLD 4740	0459 165 589	hello@ sportshealthandmassage.com	sportshealthandmassage.com
SPORTS MEDICINE					
BeWorkFit Mackay	Sports Medicine, PRP Injections, Physiotherapy Service - Injury Prevention - Strength & Conditioning - Performance Enhancements - Diet & Nutrition Plans - Biomechanical Assessments - Hydration Assessment & Management - Training Programs - Power Testing & Training - Keiser Equipped Rehabilitation Gym - ACL Injury Prevention Programs	City Superclinic Mackay Complex, Suite 2/160 Boundary Rd, Ooralea QLD 4740	07 4848 1133	admin@beworkfitmackay. com.au	https://beworkfitmackay. com.au/
CHIROPRACTORS					
Move it Chiropractic	Chiropractic care, Sports injury treatment	19 Gordon St, Mackay	07 4957 8245	admin@moveitchiro.com.au	https://moveitchiro.com. au/
Discover Chiropractic Mackay	Chiropractic care, onsite digital x-rays	33 Malcomson St, North Mackay	07 4953 5953	north@discoverchiro.com. au	https:// discoverchiromackay.com. au/
PEAK Family Chiropractic	Specialises in chiropractic care for athletes, pregnancy, newborns and school aged/teens	200 Nebo Road, Mackay	07 4998 5664	admin@peakfamilychiro. com.au	https://www. peakfamilychiro.com.au/
Performance Choice Chiro	Chiropractic care	2 Mangrove Road (Snap Fitness) - Level 1, Shop 2512 Canelands Central Mackay	0481 577 363	performancechoicechiro@ outlook.com	https://www. performancechoicechiro. com.au/



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Mackay Chiropractic	Chiropractic care, muscular pain, migraines and headaches, nerve pain and sciatica	9 Palmer Street, North Mackay QLD 4740	07 4951 4688	reception@mackaychiropractic.com	https://mackaychiropractic.com/
My Chiropractic Mackay City	Chiropractic care, remedial massage, spinal decompression, dry needling, shockwave therapy	157 Victoria Street, Mackay QLD 4740	07 4953 1622	admin@mychiropractorqld.com.au	mychiropractorqld.com.au
Grays Chiropractic & Wellness	Chiropractic care, Osteopathic care, Massage therapist, Scenar therapy, Biomagnetism therapy	160 Boundary Rd, Ooralea QLD 4740	07 4959 2999	wellness@grayschiropractic.com.au	https://www.grayschiropractic.com.au/

NATUROPATHY

Jody Walker Naturopathy	Health and wellness information, herbal medicine, nutrition, recipes	16 Whiten Ct, Mount Pleasant QLD 4740	0422 229 487	jodywalker.naturopath@gmail.com	jodywalkernaturopathy.com
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SPORTS SCIENCE

Podiatry Mackay	- Orthotic therapy - Diabetic foot care - Foot mobilisation therapy - Gait assessments - Running technique retraining - Children's foot care - Strapping and padding - Footwear advice - Footwear modifications - Parotec In-Shoe gait analysis - Dry needling - Nail care - Fungal & nail infections treatment - MLS laser therapy - Ingrown toenail treatment (surgical and non-surgical options) - Paraffin wax foot bath	The Gasworks Complex 2/137 Shakespeare Street, Mackay QLD 4740	07 4953 1233	reception@podiatrymackay.com	https://www.podiatrymackay.com/
Bluegum Place Psychology & Counselling	Individual Therapy, Couples Counselling, Organisational Training, Online Courses	Suite 6, 25 River Street Mackay QLD 4740	07 4863 1488	admin@bluegumplace.com	https://www.bluegumplace.com/
Mind Ignition	1:1 Coaching, Adult and High School Sport Teams, Workplace Wellbeing, Professional and Amateur Athletes, Corporate, Junior Mindset and Play Clinics	40 Dickens Ave, Ooralea QLD 4740	0409 038 125	mindignitionmail@gmail.com	https://www.mindignition.com.au/
Integrated Bodies	Personal Training, Strength & Conditioning Specialists, Athletic Development	P3 Shed 24 Milton Street, Mackay	0475 849 537	info@integratedbodies.com.au	www.integratedbodies.com.au

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Untapped Athlete Development Mackay & Whitsundays	Athlete Development + Exercise Physiology Services		0447 329 850	admin@untappedexphys.com.au	https://www.untappedexphys.com.au/

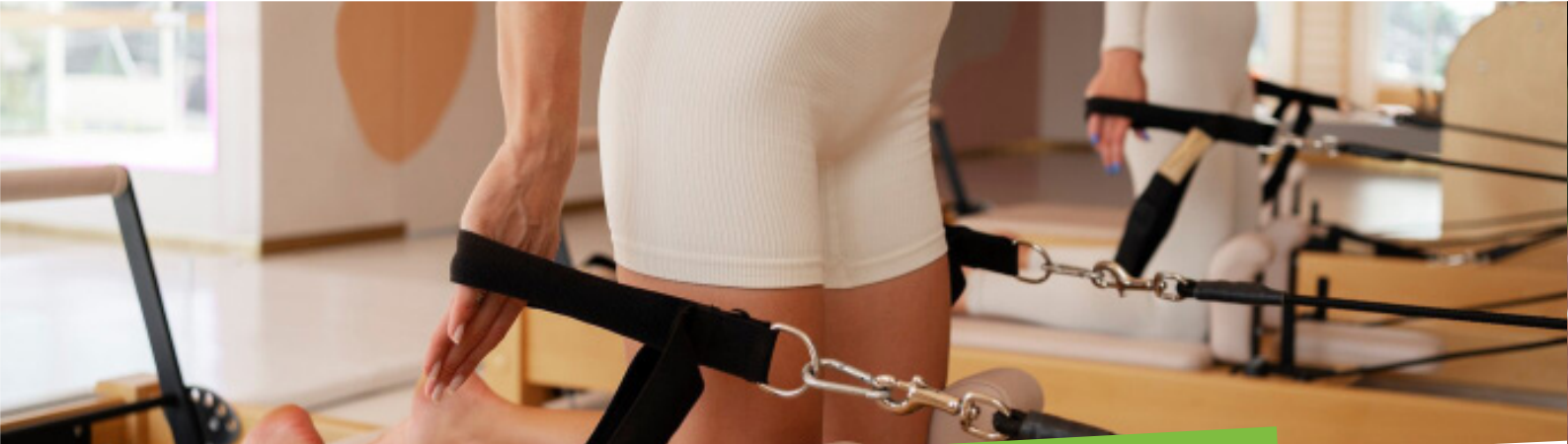
FITNESS

Other than the gym we would like to build as part of the Mackay region High Performance Centre / Sports Centre of Excellence, we have an abundance of gyms / functional fitness centres in the region.

Power Station Strength & Recovery	24/7 - Group Fitness Classes, Gym for Cardio and Weights, 1:1 Personal Training, Cryotherapy, Infrared Sauna, Compression Boots	The Train Station, Boddington Street, Mackay QLD 4740	07 4843 3099	info@powerstationmackay.com	https://www.powerstationmackay.com.au/
City Fitness - Mackay	24/7 - Full weights and cardio area, Ladies Only Area, Child-care, Sauna, Personal Training, Group fitness	1B Victoria St, Mackay QLD 4740	07 4957 8269	reception@cityfitness.com.au	https://www.cityfitness.com.au/
City Fitness - North Mackay	24/7 - Full Weights and Cardio Area, Free Motion Vibration Platform, Expresso Bikes	Mt Pleasant Plaza, Phillip Street QLD 4740	07 4957 8269	reception@cityfitness.com.au	https://www.cityfitness.com.au/
City Fitness - Paget	24/7 - Full Weights and Cardio area, Free Motion Vibration Platform	Centurion Drive, City Gates, Paget QLD 4740	07 4957 8269	reception@cityfitness.com.au	https://www.cityfitness.com.au/
CrossFit 4740	Functional Fitness, Child-minding, Group classes or private coaching	P4 Showgrounds, 24 Milton St, Mackay QLD 4740	0467 235 444	info@crossfit4740.com.au	https://crossfit4740.com.au/
Warrior 'the Centre'	Structured and Goal Focused Programming, Accountability/Motivation, Coaching and Guidance, Cold/Heat Therapy Sessions	109 Sydney St, Mackay QLD 4740	0480 016 543	Enquire online	https://warriorthecentre.com/
F45 Training Mackay City	Scheduled Classes Only - functional training, HIIT, nutrition, challenges and accountability	53 Wood Street, Mackay QLD 4740	0481 161 129	mackaycity@f45training.com.au	https://f45training.com.au/studio/mackaycity/
F45 Training Northern Beaches	Scheduled Classes Only - functional training, HIIT, nutrition, challenges and accountability	39/43 Arana Drive, Rural View QLD 4740	0412 697 242	mackaynorth@f45training.com.au	https://f45training.com.au/studio/mackaynorth/
Chenery Fitness & Function	Functional training centre	169 Sydney Street, Mackay, QLD 4740	0421 833 162	chenery.fitness.function@gmail.com	https://www.facebook.com/chenery.fitness.function/
Muscle Garden Health & Fitness Centre - Mackay	Strength training, Sports Conditioning, Weight loss, Injury rehabilitation, Senior's exercise programs, personal training (1:1 or small groups), Group fitness classes	17 Milton St, Mackay City QLD 4740	07 4944 0119	info@musclegarden.com.au	https://www.musclegarden.com.au/

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Muscle Garden Health & Fitness Centre - Marian	Strength training, Sports Conditioning, Weight loss, Injury rehabilitation, Senior's exercise programs, personal training (1:1 or small groups), Group fitness classes	Shop 12 Marian Town Centre, 247 Anzac Avenue, Marian 4753	07 4944 0119	info@muscle garden.com.au	https://www.muscle garden.com.au/
Muscle Garden Health & Fitness Centre - Bucasia	Strength training, Sports Conditioning, Weight loss, Injury rehabilitation, Senior's exercise programs, personal training (1:1 or small groups), Group fitness classes	Tenancy 8, 52 Downie Avenue, Bucasia QLD 4750	07 4944 0119	info@muscle garden.com.au	https://www.muscle garden.com.au/
Muscle Garden Health & Fitness Centre - Andergrove	Strength training, Sports Conditioning, Weight loss, Injury rehabilitation, Senior's exercise programs, personal training (1:1 or small groups), Group fitness classes	72-78 Celeber Drive, Andergrove QLD 4740	07 4944 0119	info@muscle garden.com.au	https://www.muscle garden.com.au/
Snap Fitness Mackay	24/7, Cardio, Strength and Functional Training Equipment, Personal Training	Level 1, Shop 2512 Caneland Central, 2 Mangrove Rd, Mackay QLD 4740	0421 686 866	mackay@snapfitness.com.au	https://www.snapfitness.com.au/gyms/mackay
Anytime Fitness Rural View	24/7, Cardio, Weights and Functional Training, Personal Training	1-11 Carl Court, Rural View QLD 4740	07 4999 9711	Enquire online	https://www.anytimefitness.com.au/gyms/au-1690/rural-view-qld-4740/
Evoke Fitness Mackay	24/7 gym, myWellness Cloud	148 Nebo Road, West Mackay QLD 4740	07 4999 9320	Enquire online	http://www.evokefitness.com.au/
World Gym Mackay	24/7, Strength Machines, Free Weights, Cardio, Group Classes, Personal Training and Coaching	2/7-15 Greenfields Blvd, Mt Pleasant QLD 4740	07 4862 3596	Enquire online	https://www.worldgym.com.au/gyms/mackay
Fitstop Mackay	Scheduled Classes Only, Functional Fitness	159 Victoria Street, Mackay QLD 4740	0702 066 501	mackay@fitstop.com	https://fitstop.com/au/web/locations/au/Mackay
Fitstop Rural View	Scheduled Classes Only, Functional Fitness	1-11 Carl Street, Rural View QLD 4740	0422 051 817	ruralview@fitstop.com	https://fitstop.com/au/web/locations/au/Rural%20View
Berserker Barbell Club	Olympic Weightlifting Class	Shed 3, P3 24 Milton St, Mackay QLD 4740	0418 655 346	berserkerbarbellclub@gmail.com	https://www.berserkerbarbellclub.com/



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ZERO Weakness	Online Coaching, Nutrition Coaching, Coach Development System, 1:1 Technique session, Powerlifting	5 Kay Court, Mt Pleasant QLD 4740		admin@zerowmackay.com	https://www.zerow.com.au/mackay
The Ninja Hub	Ninja Training, Ninja Play Sessions, Kids Training and Parties, ZUU Training	Mackay Showgrounds PI/24 Milton St, Mackay QLD 4740	0427 142 624	manager@theninjahub.com.au	https://theninjahub.com.au/
Core Defined Pilates + Fitness Studio	Matwork Pilates, Private Sessions, All Levels Equipment	Shop 3/9 Dutton Street, Walkerston QLD 4751	0439 788 833	0439 788 833	https://www.coredefinedpilates.com.au/
21laps Performance Training	Performance Facility, Heated Hydrotherapy Pool, Cardiovascular equipment, Strength & Conditioning equipment, Free weights and Cable Machines, Core training and stretching area Functional Training equipment and facilities	13-17 Evans Avenue, North Mackay QLD 4740	07 4944 0776	admin@21laps.com.au	https://21laps.com.au/
Athletica Fitness Centre	Mackay's only all women's fitness facility with 24/7 access & over 30 group fitness sessions a week	3/118 Wood St, Mackay QLD 4740	07 4944 0420	hello@athletica.email	https://athleticamackay.com/join17028125
Female Fitness Co	Specialising in Women's and Pre and Post Natal Fitness and Returning Mums to Exercise Safely. - Women's Small Group Fitness Sessions - Post Natal 'Return to Exercise' Foundation Program	26 Victoria Street, Mackay QLD 4740		hello@femalefitnessco.com.au	https://fitnessformums.com.au/
Torstein's Functional Fitness and Health	Fitness Centre/Studio. Small group training sessions (6-12 people) Performance, Health and Longevity	1 Romeo Street, Mackay QLD 4740	0403 291 769	torsteinlapp@live.com.au	https://www.facebook.com/torsteinfuncfit/
mumbodz	Private Personal Training Studio	4/114 Sydney Street, Mackay QLD 4740	0409 820 419	info@mumbodz.com	https://www.mumbodz.com/
Mang-Gon Thai Boxing	Muay Thai, Kick Boxing, Self Defence, Fitness, Weight Loss. One on one, or small group classes Adult only classes	144 Wood Street, Mackay, QLD 4740	0431 369 831	manggonthaiboxing@gmail.com	https://www.muaythaimackay.com/
PowerCore Pilates Boutique	Pilates Studio	Shop 4/47 Cnr Gordon/Gregory Street, Mackay QLD 4740	0419 791 743	powercorepilates@y7mail.com	https://www.facebook.com/powercorepilatesboutique/



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Business Name	Services Offered	Address	Phone	Email	Website
Mackay MMA	Martial Arts Gym - Brazilian Jiu Jitsu (BJJ), Thai Kick-boxing (Muay Thai), and Strength and Conditioning for both adults and kids	26 Victoria Street, Mackay QLD 4740	07 4837 1249 or 0416 080 856	mackaymma@outlook.com	https://www.mackaymma.com.au/
Hard Knocks Boxing Club	Boxing training Tuesday and Thursday from 6:00pm-7:00pm, behind the grandstand at the showgrounds.	Mackay Showgrounds, Mackay, QLD 4740	0400 155 161	Shauniemac@live.com	https://www.facebook.com/Pioneer-valleyboxingclubmackay/
Red E Personal Training Mackay	Personal Training	10 River St, Mackay QLD 4740	4953 3134	info@redepersonaltraining.com.au	Red E Personal Training Mackay Mackay QLD Facebook