



## YOUR GUIDE TO PHOENIX SESSIONS – 25 Nov 2019

*If you have any questions – please ASK. The coaches are here for your development.  
Phoenix is one club, one team with one vision. We want everyone to have a great experience.*

**All classes for your level (+ 24hr access\*) are included in your membership (\*24 Hour Access Conditions Apply)!**

**1300 GO PHOENIX – [www.phoenixgym.com.au](http://www.phoenixgym.com.au) [info@phoenixgym.com.au](mailto:info@phoenixgym.com.au)**

**EVERYONE wants to be fit, happy, energetic and enjoy their training.** Fitness with a purpose! If you want to train at a club that is local, welcoming, disciplined and organised, then come and give it a try. It is an energetic environment with normal people, families, normal exercise clothes and no make-up wearing posing people! You will find some really fit hardworking people. The thing they have in common, is everyone is here to train. Fitness specific classes complement our other programs but are also an alternative for people wanting fitness only classes, a great workout and something different in their training and lifestyles.

**GRUNT FIT™** is our signature classic fitness class. For all fitness levels - but only one effort level is allowed! It is a program that never does the same class twice, is always challenging, always fun and the satisfaction comes every workout. A program that pioneered what others now only mimic. There is no franchising, no app bookings, no techno, no lycra, no 'instaFBfamous' people; just good hard workouts including; circuits, tabata, amrap, HIIT, functional, etc and variety like you have never experienced. We have treadmills, x-trainers, kettle bells, sleds, kegs, sledgehammers, tyres, lifting platforms, lots and lots of weights, Olympic quality barbells, farmer carries, chin up bars, ropes and some stuff the others still haven't caught on to.

**STRENGTH FIT™** is a class to get stronger and learn how to do weight training safely and effectively. Structured strength development to improve the musculoskeletal system.

**MUAYTHAI (KICKBOXING) PROGRAM (BEGINNER SESSIONS):** Suitable for **NEW MEMBERS** and beginners up to and including Level 1. These sessions are fitness and skill sessions where you practice both offensive and defensive aspects of Muaythai. Most people do Muaythai because it is the best workout you can get, but it also the most practical self-defence and fighting system in the world. Classes are conducted in a disciplined, safe, positive and controlled environment. Phoenix is a modern, graded and organised system of Muaythai kickboxing that works. You will learn authentic and practical skills that are high quality Muaythai. We do classes for all levels following a modern teaching approach in sport that is suitable to anyone who makes an effort and trains regularly. Classes include technique practice, partner work, shield work, bag work and general free body fitness drills. All Phoenix classes are coached by people with extensive experience training and competition. **BEGINNER MUAYTHAI CLASSES:** Suitable for first timers to get started up to people graded to TTFU/Level 1. Classes include skill and fitness training with a perfect balance between learning, development and challenges. **TTFU – DEVELOPMENT CLASSES:** This is the first graded level and classes are focused on building your partner work, defensive skills and fitness to be ready for intermediate Level 1. **GRADED CLASSES – PAD WORK, DEVELOPMENT, INTERMEDIATE & ADVANCE.** You must be graded to the appropriate level to attend or be invited. You should also attend the level of class you are graded to! To learn more about grading – ASK a coach, read the information booklet and grading posters located in the gym.

**BOXING SESSIONS:** Suitable for all levels on a Monday, Tuesday, Wednesday, Thursday and Saturday. Boxing is the core basic of all fighting and is essential for all fighting skills, so it is a great base or addition to any other class. Phoenix Boxing is great for your fitness and self-defence and can turn you into a real boxer if you want to or just do it for a great workout with a purpose. Most people do boxing because it is great fun, great stress release and a really good work out. Do boxing at a Boxing gym and learn why the fitness industry tries to mimic it.

**MMA –** A new class, but really a turn back in time to Phoenix MMA and 20+ years of experience. A specific class to learn the basics of MMA and utilise your striking skills with real fighting and street wise self-defence. Includes wrestling, ground & pound and how to strike in little or no gloves in all sorts of situations from competition to the street.

**Phoenix is a martial art and fitness club. A place you feel comfortable and welcomed at. Phoenix is something to belong to and be a part of that will enhance your life. For beginners who just want to have fun getting fit and learning a skill through to serious professional athletes. Phoenix is home to everyone that wants effective real training in a respectful, disciplined and professional training environment. For kids from 5 years to adults of any age; Phoenix has over 23 years' experience at delivering world class programs.**

**PERSONAL TRAINING IS AVAILABLE AT ANY PROGRAM TO PROGRESS FASTER, LEARN FASTER OR JUST TO GET YOU STARTED FOR CLASS PARTICIPATION.**