



YOUR GUIDE TO PHOENIX SESSIONS – Post Covid, 2020

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 are included in your membership (*24 Hour Access Available - Conditions Apply)

1300 GO PHOENIX – www.phoenixgym.com.au info@phoenixgym.com.au

PHOENIX is a martial art and fitness club. It is a place to feel comfortable and where you are welcomed. Phoenix is something to belong to and be a part of, which will enhance your life. 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. The variety of classes, level of coaching expertise, atmosphere and long-term approach to your training is second to none.

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, just getting on with their training but always ready for a chat and to help new people. The thing they have in common is that everyone is here to train. Fitness specific classes complement our other programs; but are also an alternative for people wanting fitness only classes. The classes are a great workout and something different in their training and lifestyles.

MARTIAL ART SPECIFIC CLASSES – Muaythai and Boxing. The most effective striking systems in the world and the best workouts you can get. Muaythai and Boxing are simply the most practical to learn, most effective, most challenging striking arts in the world. Phoenix is about pride and quality and we do these styles, underpinned by our effective sport based coaching system, to build your solid foundations. We then do so much more than just Muaythai/Boxing. We embark on a life of martial arts training to develop the 'warrior within you' and prepare you for the real world. Our training extrapolates into the essence of martial arts, effectiveness, honour, discipline, and respect. If you want practical, honest, and effective, these are the striking programs to do. Most people do Muaythai/Boxing because it is the best workout you can get, but they are 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 that works. You will learn authentic and practical skills that are high quality and work in the real world. We do classes for all levels following a modern teaching approach in sport that is suitable to anyone who tries and trains regularly.

BEGINNER MUAYTHAI & BOXING CLASSES - Suitable for NEW MEMBERS and beginners up to and including Level 1. Classes include skill and fitness training with a perfect balance between learning, development, and challenges. Develop solid foundations that will last a lifetime. In these sessions you will practice both the offensive and defensive aspects of Muaythai/Boxing. Classes include technique practice, partner work, shield work, bag work and general free body fitness drills. All Phoenix classes are coached by people with over 10 years' experience at Phoenix in training and competition.

GRADED CLASSES – To participate in these classes you are either invited or graded. We follow a proven curriculum that allows progression based on ability, attitude, and attendance. You are never rushed. The longer you stay at one level, the better your basics will be and the better you will be in the long run. These classes are always more intense, more exciting, and constantly develop your skills and fitness. Developmental work like focus mitts and pads, learning to spar and advanced partner work drills are taught and developed. To learn more about grading – Ask a coach, read the information booklets and grading posters located in the gym. You do not grade yourself; you earn it. There is no timeframe on grading or class progression. That is up to your efforts.

GRUNT FIT™ is our signature fitness class. We have fitness specific people who love the attitude of Phoenix and prefer to train outside the fitness industry environment, with likeminded people and families. Classes are for all fitness levels - but only one effort level is allowed! It is a program that never does the same class twice. It 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 don't know about. **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.

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