

Why I Train At Phoenix – Priscilla Ong

I've always liked exercise and when I was a teenager all the different sporting clubs that I was a part of made me feel like part of the family and that I belonged there. Since moving to Canberra I hadn't been able to find a gym, club or group where I felt like part of the team or that I belonged until I joined Phoenix.

Phoenix is a club that I can socialise at but also feel like I can get away from everything, all at the same time. I've made some good friends at Phoenix. But that's not just why I keep going back. I enjoy training at Phoenix because I'm kept motivated and challenged consistently by the coaches. They know when to push me, however when I've needed the motivation to keep going, they're there to help me along.

I love that Phoenix has a range of different training from Muay Thai through to Grunt Fit. I'm one who likes change, and I like that if I don't want to do Muay Thai one week, I can change and do Grunt Fit instead.

At Phoenix, you never feel like anyone is looking down their nose at you - I have always hated walking into a gym and feeling like I needed to be wearing the latest pair of Brand clothing/shoes or that I had to have the perfectly toned body. The people that go to Phoenix are down to earth and far from pretentious - you never feel like you're being judged. When I first started doing Muay Thai, I was extremely self-conscious being the new person who didn't know the correct technique but I found (and still find) those in the higher levels are willing to help you every time you are learning something new – they don't get frustrated with or laugh at you.

I guess you could say that Phoenix has become like a second home to me – even when I look around the gym at others who train alongside me, I can see that it's the same for them. It's all these qualities that the Gym, Staff and members of Phoenix have that keeps me going back each week.