

I remember my first session at Phoenix gym, or at least, sitting in the carpark full of nerves. The thought of walking into a combat sports gym was really intimidating. I walked through the doors and have never looked back. I was a first grade rugby union player at the time and thought a bit of boxing in the off season would be beneficial for my fitness. After my first session I was addicted and never went back to rugby. Instead I learned how to box, I couldn't get enough. I then started Muay Thai training and began to get the itch to attempt sparring. Once I started sparring I was hooked and there was no looking back. Phoenix values hard work and respect, two qualities that I personally value incredibly high. It is a family friendly gym that welcomes people of all levels of fitness and skill. When I started at Phoenix I was overweight but after about a year I had dropped close to 30kg, I often remark to friends that Phoenix gym has given me an extra fifteen years of life. Phoenix has a motto 'fitter, faster, stronger' if you train here, you will become those things.

Eventually I got the urge to test myself at the highest level, by competing in the ring. Anthony was very open to the idea and the coaching staff was amazing in preparing me to compete. I went on to be the first Phoenix fighter to compete in mixed martial arts (MMA). I competed five times under the Phoenix banner and these are some of my greatest memories and proudest achievements.

But Phoenix is not about training fighters to compete. It is about training people to become better – physically and mentally. I smile every time I walked through the gym doors, I have some amazing friendships at the gym. There is a comradery between club members and I feel at home when I am there, all the stress of the day washes away.

After retiring from competition I became hooked on the strength and conditioning aspect of Phoenix and loved pushing my body to its limits. I was offered a position coaching the phoenixfit classes and now coach three times a week. Phoenix is a huge part of my life and I owe a lot to the club.

So, if you are reading this and wondering why train at Phoenix? There are so many gyms that claim what we claim, but that's like an apple claiming to be an orange. We have Australian Muay Thai champions, BJJ Black belts, Olympic level wrestlers, AIS boxing coaches and qualified strength and conditioning coaches. Phoenix is simply the best at what it does.

I am so glad I stepped through the Phoenix doors eight years ago.





