

PHOENIX 'FITNESS CLASS' TIMETABLE

From: 20th Nov 2017

Highlighted cell identifies a free trial

HIGH PERFORMANCE FOR EVERYONE!



COMBAT SPORTS, MARTIAL ARTS AND FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning workouts – start your day with energy!					
To do a morning class – you must be a member first – please come in and join during staffed hours (from 2:00pm Monday to Friday & from 9:00am Saturday)					
6:05am – 6:55am Phoenix Boot Camp	6:05am – 6:55am Fighting Fit	6:05am – 6:55am Wake Up Workout Strength and conditioning circuit	6:05am – 6:55am Muaythai 6:15am – 6:45am PHOENIX HIT		8:30am - 10:00am Tough Fit™
24 Hour Memberships are available to do your own training at any time!					
PHOENIX FIT™ - GROUP FITNESS CLASSES – ADULTS (Children 14 – 17 years welcome when Phoenix certified)					
4:45pm – 5:25pm Express Fitness™	4:45pm – 5:25pm Express Fitness™	4:45pm – 5:25pm Express Fitness™	4:45pm – 5:25pm Express Fitness™	4:45pm – 5:25pm Express Fit™	8:30am - 10:00am Tough Fit™
5:35pm – 6:25pm GRUNT FIT the complete workout	5:45pm – 6:15pm SLED SMASH Bookings required	5:35pm – 6:25pm GRUNT FIT the complete workout	5:35pm – 6:30pm Phoenix Fit Intermediate (Must be graded at FITNESS to attend)		This is a great workout that is challenging and requires a solid base level of fitness. At least 1 month at regular classes is recommended. 10:30am - 12:00pm Strongman Fit Strength Fit with strongman exercises
6:35pm – 7:25pm Fighting Fit™ Fitness & conditioning <small>(Good fitness level required 1 month exp at MT and Fitness recommended)</small>	6:35pm – 7:30pm Strength Fit™ All Levels <small>(Technique & development for strength training)</small>	6:35pm – 8:00pm Fighting Fit™ <small>(Must be graded in Fight Team or Level 2 MT)</small>	6:35pm – 7:05pm Stretch Fit™ <small>(Recovery & flexibility training)</small>		
	7:35pm – 8:05pm Stretch Fit™ <small>(Recovery & flexibility training)</small>		7:05pm – 8:00pm Strength Fit™ All Levels <small>(Technique & development for strength training)</small>		12:00pm – 12:30pm Stretch Fit™ <small>(Recovery & flexibility training)</small>

What is Phoenix Fit:

Phoenix Fit is holistic fitness training program that focuses on a wide range of training principles. Our classes cater to everyone from complete beginners, to families, to the veteran trainer. Phoenix Fit classes are designed to develop your strength, fitness, and overall performance. No matter your situation, we have a class for you. Talk to our coaches today to find the best fit to suit your goals. Please turn over to read our class descriptions.

Don't just take our word for it, here is what our members say about our fitness program:

"Friends & family vibe keeps me coming back"

"I love it, feeling great"

"Got me back into the gym"

"Given me more confidence"

"Taken my strength to another level"

www.phoenixgym.com.au or enquiries: info@phoenixgym.com.au or 6241 2402

Phoenix Fit

Class Descriptions:

Express Fit: Time is not an issue with our 45 minute Express Fit class. On at the same time as our kid's classes this class is popular with our parents and families. Open to all fitness levels, you will experience an effective whole-body workout.

Grunt Fit: The original Phoenix fitness class. If you have trained at Phoenix you have probably heard of Grunt Fit. This class offers you the completed workout. It is a circuit style class that will enable you to learn the exercises and techniques you need to improve your fitness and reach your goals. This class has great variety, is fun, interactive, and most of all will improve your overall fitness levels.

Phoenix Fit: Intermediate: A class dedicated to our devoted and enthusiastic members. You must be graded either level 1 or 2 in fitness to participate in this class. Exercises are technical, and workouts are challenging, this is a true Phoenix style class. Always bring your A game, no cry-babies allowed.

Strength Fit: All fitness principles have strength as an underlying factor. Therefore, no matter what your goal, by increasing your strength, you will increase your overall performance. Strength Fit has a sole focus of developing technique and strength training principles. This class caters to everyone from beginner or advanced lifter.

Stretch Fit: Train hard, recover harder. Stretch Fit will allow you to slow down and direct your focus onto your flexibility and mobility. Our life often becomes so hustle and bustle and stretching gets missed. Improving your flexibility and mobility will improve technique, posture, performance and reduce your risk of injury.

Fighting Fit: Combining to two great loves of Phoenix, fitness and fighting. This class focuses of high intensity conditioning work in addition with bag work, your fitness is guaranteed to sky rocket. Get a feel for what it takes to be a fighter, and become Fighting Fit.

Wake up Workout/ Bootcamp: To all the early birds, this one is for you. Wake up workout classes are designed to kick start your day with a bang. We all know how good we feel when we train in the morning. These classes have great variety, and can focus on anything from strength training, circuit, cardio fitness, and endurance. One thing is for sure, it will put you on the right track for the day.

Phoenix HIT: This class is for our early EARLY birds. A 30 minute High Intensity Training class. The focus in on anaerobic conditioning that is time efficient and effective. It is a great class to add into your training program if you are lacking in your cardio fitness, are time poor in the afternoons, or simply looking for something extra in your program.

Tough Fit: The definition is in the title, Tough! This class will have you charging into your weekend. In true Phoenix style this class will challenge you mentally and physically, however your will have an over whelming sense of satisfaction after completion.