



PHOENIX FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05am – 6.55am		6:05am – 6.55am			
Wake up workout Strength and Cardio workout		Wake up workout Strength and Cardio workout			Fighting Fit Fitness & Conditioning (min 4 MT classes)
4:45pm – 5:25pm	4:45pm – 5:25pm	4:50pm – 5:25pm	4:45pm – 5:25pm	4:45pm – 5:25pm	
Express Fitness	Express Fitness	Express Fitness	Express Fitness	Express Fitness	
	5:40pm – 6:20pm		5:40pm – 6:20pm		
	Grunt Fit High Intensity (Bookings – Max 8)		Grunt Fit High Intensity (Bookings – Max 8)		
	6.35pm – 7.25pm		6.35pm - 7.25pm		
	Strength Fit		Strength Fit		

PHOENIX FITNESS MEMBERSHIP

<p>‘Fitness Membership’ <i>UNLIMITED classes in Fitness.</i> <i>Includes: 24 Hour Access! **</i> Unlimited OWN training <small>**24 Hour access on application only. 24hr access cards are \$60. Includes \$20 refundable deposit for the card. (Adults only)</small></p>	<p>Adults – 6-month minimum period package \$35 per week* or \$820 paid in advance *conditions apply *Fortnightly direct debit via EFT or CC: 2 weeks payable in advance</p>
--	---

FITNESS TRAINING. Everything we do at Phoenix is fitness training. Fitness with a purpose! Most people train for the fitness and everyone does the classes they prefer. You can get stronger with STRENGTH FIT, do a great general circuit workout with EXPRESS FITNESS or test your-self with the GRUNT FIT HIT classes. The Fitness specific membership is for people wanting fitness only classes, a great workout and something different in their training and lifestyles. The fitness classes are high performance fitness for everyone. The fitness system offers a grading system to measure your progress, challenge, and reward you. Our fitness is unique, fun, challenging and always has incredible variety. It is effective, no nonsense and results (endorphin) driven. Great for families and friends of members who want to enjoy the unique quality of Phoenix, but not do a martial arts program.

www.phoenixgym.com.au

Any enquires: 1300 GO PHOENIX or info@phoenixgym.com.au