

Why I Train at Phoenix Gym;

By Simon Lenz

I've been into fitness for most of my life and have been a member of several gyms, both here in Canberra and in Sydney.

Of all of these gyms I can honestly say that Phoenix is the best!

And here are three key reasons why:

1. You feel 'part of something' when you train at Phoenix versus just being another anonymous gym goer. Members and staff are friendly; people know you by name. It's that sense of community and comradery that exists at Phoenix which is special and keeps you coming back.
2. The quality of coaching is superb. All of the coaches at Phoenix work hard to craft challenging and varied workouts which push you; and once done, always leave you with that satisfied post workout glow. The coaches also take the time to talk to each class participant to provide tailored options for select participants if one or more of the set exercises in a class are too difficult for their level or if they are dealing with an injury.
3. 'You're not fit until you are Phoenix fit' is actually a truism! I was doing a lot of gym work and running prior to joining Phoenix and considered myself very fit; but it wasn't until joining Phoenix 4 years ago and doing their Grunt Fit & Fighting Fit classes that my fitness went to the next level. Having tried many so called 'high intensity training' classes' at other gyms I can safely say Phoenixes' fitness classes easily trump them all and will have you 'properly' fit in no time.