

## Why We Train At Phoenix;

By the Marshall Family

As a family we have been training at Phoenix gym since 2013 with Lewis beginning in Little Dragons and then Matilda a years later. Back then we were 1 class a week participants. During the Little Dragons class Scott and I would conveniently do the GruntFit class or widely known now as ExpressFit. What started as a bit of fun and to get our kids learning how to defend themselves, build confidence and develop new skills has turned into us travelling to competitions and training four plus times a week. Phoenix has not only given us strength and fitness but developed friendships with the other families and members at the gym.

Phoenix caters for a wide range of training. This is great for us, as we like to mix up our training from Fitness to Muay Thai to Boxing. The trainers organise fun events throughout the year including a favourite of ours, the Phoenix Olympics. The gym provides an opportunity to train in Thailand once every couple of years, which is something we are looking forward to doing as a family and with other families and members of the gym. The event of the year however would have to be the Phoenix Christmas Party where everyone who has trained hard all year can come together and enjoy some time away from the gym.

The coaches at Phoenix have helped Lewis and Matilda to become strong kids but at the same time taught them that not everything goes to plan all the time. That sense of never give up has been deeply ingrained in them. We have watched both our children develop into driven and focussed athletes with the determination to succeed at all levels of training and competition.

The thing that makes us keep coming back to Phoenix after all these years is the people. We have met some amazing people through the gym, and have made some wonderful friendships. The people are the most down to earth, humble and respectful people you will ever meet. There is always someone there ready to encourage you to train or a coach that will push you further. We always leave the gym feeling like we had a great workout and sweating from head to toe!

Scott, Mel, Lewis & Matilda