



## YOUR GUIDE TO PHOENIX SESSIONS – 22 March, 2021

**If you have any questions – please ASK. The coaches are here for your development. Phoenix is one club, one team with one vision. We want everyone to have a great experience.**

**All classes for your level are included in your membership (\*24 Hour Access Available - Conditions Apply)**

**1300GOPHOENIX – [www.phoenixgym.com.au](http://www.phoenixgym.com.au) [info@phoenixgym.com.au](mailto:info@phoenixgym.com.au)**

**FITNESS CLASSES – GRUNT FIT.** Simple, effective, and practical fitness training. Our best kept secret. Fitness at Phoenix is not like a fitness center or major franchise. Just a great community working hard and enjoying training as part of their life. You do not have to do a Martial Art, just enjoy the challenges of our fitness programs with hardworking people of all ages and levels. No gimmicks, no franchise constraints and simple effective circuits and fun classes.

**MUAYTHAI (Kickboxing) – SKILL & FITNESS CLASSES.** Suitable for **NEW MEMBERS**. These classes are instructional, challenging and you will develop a great foundation in a few months and then you will be constantly challenged and developed. These are mixed level classes with something for everyone. Classes include skill and fitness training with a perfect balance between learning, development, and challenges. In these sessions you will practice both the offensive and defensive aspects of Muaythai. Classes include technique practice, partner work, shield work, bag work and general free body fitness drills. These classes are safe and fun, well-structured, and disciplined. There is **NO** sparring but there are realistic partner drills to learn to develop your ability to spar.

**BOXING – SKILL & FITNESS CLASSES.** Suitable for **NEW MEMBERS** and beginners. Classes include skill and fitness training at all Boxing basics including offensive and defensive skills. Beginner classes are safe and fun, well-structured, and disciplined. Classes include technique practice, partner work, bag work and general free body fitness drills. There is **NO** sparring but there are realistic partner drills to learn to develop your ability to spar. Boxing will enhance you Muaythai and are a great way to improve your punching skills. These classes are Mixed Level classes with something for everyone.

**MUAYTHAI INTENSE CLASSES.** These are a graded class designed for maximum output. These classes include Thai pad work, bag work, sport (& life) specific fitness. You will learn to hit and hold Thai pads, focus mitts, and do drills and free pad work based on your level. These classes include skill training, bag work and constant stress release, output and learning to hit as hard and fast as you can for maximum effectiveness and fun. The reward is in the satisfaction, outlet, and the constant improvement you will make. This is very sport specific fitness but will translate into a 'Fitter, Faster, Stronger & Tougher' YOU.

**GRUNT FIT™** is our signature fitness class. We have fitness specific people who love the attitude of Phoenix and prefer to train outside the fitness industry environment, with likeminded people. Classes are for all fitness levels - but only one effort level is allowed! It is always challenging, always fun and the satisfaction comes every workout. We do simple, effective, what works and what is challenging exercises that will engage, interest you and keep you coming back regularly. This is the only way exercise works! Make it part of your life for your life to benefit.

**GRUNT FIT INTENSE** is a longer more intense session requiring a hard work attitude and a basic fitness level to start. For your **FRIST SESSION > You must be 15 minutes early and learn the class format.** It is worth it, addictive and exceptionally effective. High intensity, high effort, high challenge and you will leave smashed every time. It is a class with simple and demanding sessions that may include sleds, kettle bells, barbells, free body works, sprints and stuff that will test your mental toughness. Join the crew and you will be fitter than you have ever been in your life. To get started in these sessions > turn up and have a go or book a PT session to learn the basics required to get the most out of it.

**GRUNT FIT 'Wake up Workouts'** are the only way to start your day. These sessions are a fantastic hit out that are designed to kick start your day with a hard workout. Always different and always challenging. Bring your gloves to smash the bag, your muscles to move things and your smile to energize you. Awake the warrior in you.

**MUAYTHAI & BOXING GRADED CLASSES.** To participate in these classes, you have to be graded in the system. You may be invited to a graded class early if you are ready or have previous experience. We follow a proven curriculum that allows progression based on ability, attitude, and attendance. These classes are always more intense, more exciting, and constantly develop your skills and fitness. To learn more about grading – ask a coach, read the information booklets and grading posters located in the gym. You do not grade yourself; you earn it. There is no timeframe on grading or class progression. That is up to your efforts. **SPARRING – Sparring specific classes are for Muaythai and Boxing.** You must be graded or invited to do these classes.