



## YOUR GUIDE TO PHOENIX SESSIONS

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**MUAYTHAI, BOXING & MORE.** We understand new people and have a deliberate development system to build your fitness and skills. You will learn practical and effective skills and the fitness required to have realistic skills. You will get fitter than you have ever been because the training is challenging, interesting and real. Muaythai/Boxing are simple, practical, effective and physically engaging and challenging. Muaythai & Boxing are effective fighting systems and a fantastic workout that are immersive and a great lifestyle habit. Freestyle means that we do more than just Muaythai/Boxing and include real self defence training and fitness development into the program. Freestyle means we teach with modern coaching principles that ensure you get the best training available with credible Muaythai & Boxing from an internationally recognised club with over 25 years of experience. Your training experience will translate into your life and enhance it.

**NEW CLASS – Muaythai Fitness & Conditioning.** A hybrid class for everyone that wants to do Muaythai for fitness to get fitter, stronger and faster. Class includes, skill practice, bag work, shield work & conditioning training with plates, kettle bells, assault bikes, free body exercises and circuit work.

**MUAYTHAI & BOXING. BEGINNER CLASSES/FOR EVERYONE.** Suitable for **Beginners through to Level 1 people.** These classes are to develop good foundations of skill and fitness. They are planned, disciplined, instructional, and challenging. You will develop rapidly from beginner to competent, in a few months. You will be constantly challenged and developed. In these sessions you will practice both the offensive and defensive aspects of Muaythai/Boxing (& more). Classes include technique practice, partner work, shield work, bag work and general free body fitness drills. Our beginner classes are the best way to start your Muaythai or Boxing path and develop confident skills and fitness. ‘Develop the Warrior’ within and be fitter than ever.

**MUAYTHAI & BOXING GRADED CLASSES.** To participate in these classes, you must be graded in the system. Our first level is TTFU. 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. Graded classes are always more intense, more exciting, and constantly develop your skills and fitness. To learn more about grading information booklets and grading posters are available. You do not grade yourself; you earn it. At Phoenix we train with a code that includes teamwork, respect and making a solid effort every class and turning up for your partner and team.

- **Graded Classes:** Skill and fitness development class focused on developing people from Intermediate to Advanced and beyond.
- **Thai Pad Class:** A smashing good hit out on the Thai pads and Focus Mitts >> TTFU and above. **Boxing** has a Focus Mitt version of this great class.
- **Sparring and Clinching Development. Muaythai.** Learn to spar and clinch and develop your skills to get to an intermediate level. >> Level 1+
- **Fight Club.** Muaythai Sparring and a great challenge! >> Level 1 and above.
- **Boxing Sparring.** >> Level 1 + or invite.

**FITNESS PROGRAM – Great classes and individually tailored programs for EVERY ADULT MEMBER.** Simple, effective, and practical fitness training that translates into improving your life. Phoenix is not your ordinary gym or franchise. We are LOCAL – TAILORED & QUALITY driven. You do not have to do any martial art training to join our great fitness programs. Join in with our great community & hard-working team that enjoy fitness training as part of their life. A great all-round workout, spiking the heart rate, burning the muscles, and making a **Fitter, Faster, Stronger and Tougher** you. Classes are a mix of cardio, strength with simple effective exercises that you can adapt for your load and intensity. Fantastic variety, never ending programs and formats to ensure you keep enjoying the training. The bulk of our classes are normal people, over 35’s, parents and people who just love a good workout and understand that turning up regularly is the key.

- **MORNING CLASS:** Include a **Wake-up Workout** class that is an actioned packed way to start your day. 10 by 3-minute round workout is guided, but unsupervised.
- **EXPRESS FIT** is 45-minute workout that includes circuits, Tabata, pyramids, cardio, strength and intensity. Incredible variety suitable to do every day to always feel great.
- **TOUGH FIT INTENSE** – Intense and challenging workouts that balance heart rate spikes with strength endurance. Unique formats that suit fitter people wanting to train in a challenging way using kettle bells, barbells, assault bikes, sleds, and every muscle you have. Tough Fit can also include bag work for an intensity output for those willing to smash a bag.

**TRAINING HARD MAKES YOU FEEL BETTER – DISCIPLINE IS THE KEY >> TURN UP!**