



## THE TRAINING STUDIO FAQ

### What is The Training Studio?

The Studio is a BRAND NEW premium assisted training studio above the gym. *Access is via the separate door to the left of the main doors)*

### What does Assisted Training mean?

Assisted Training means it is exclusively for Personal Trainer led activity including:

- Fitness Consultations
- X-CELL classes
- Master Classes: incl Boxing, Bootcamp, Yoga, Pilates
- Small Group Training sessions (6 people)
- 1:1 Personal Training
- Health and Wellness Seminars

### Will my membership/access card give me access?

Not at this stage. As highlighted above, this is a space designed for classes and personal training, so access is only when involved in one of these activities. This may be reviewed at a later stage.

### What sort of equipment will be there?

The Studio will be focused around functional equipment and movement for maximum results. This includes: a 10m sled track, TRX, Boxing bags, battle ropes, sand bags, boxes, kettlebells, bands, Airdyne functional bikes, dumbbells, and steps.



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### **How do I get access to the Training Studio?**

Your current membership gives you full 24/7 access to the main gym. To be involved in any other activities will cost extra, although we have a number of options to keep it as affordable as possible whilst still helping achieve your goals

X-CELL classes will be accessible via upgrading to a Gym + classes membership for just an extra \$3/week. This gives you unlimited access to 10+ X-CELL classes at different times of the day. You could also purchase a 10 Class pass for \$40.

Master Classes are more intense, specialized 45min-1 hour sessions. These will be costed between \$7.50-\$15 each depending on the style and instructor costs.

Small Group Training and 1:1 Personal Training ranges from \$20-\$65 session. We can schedule a session with one of our Trainers to discuss the options in more detail.

### **What if I'm not a Plus Fitness Padstow member?**

If you are a member from another Plus Fitness you may be able to access our X-CELL classes at \$40 for a 10 class pass. These will need to be booked directly with reception to ensure current members have priority. Master Classes may be able to be accessed at advertised rates, pending other bookings.

If you are not yet a Plus Fitness member please contact reception and we can discuss some options.



## THE TRAINING STUDIO: CLASSES FAQ

### **What if I want to trial the classes before I upgrade?**

No problem! We will offer your first class free as trial. This can be booked in directly with Reception. After this you will need to either upgrade your membership, or purchase a 10 Class Pass.

### **Tell me more about Bootcamps?**

These are 45 min group sessions that give you a full body workout using functional equipment and body weight, and will take your fitness to the next level! We will run them inside for now but look to move outdoors when the weather warms up.

Bootcamps will be sold as a 6 week package of 2 sessions a week. This means you can also build some great team camaraderie with fellow 'Bootcampers'!

### **I am really excited to see Yoga. How much are these sessions, and who is teaching them?**

We are excited too!! We have an amazing local instructor Sonia taking all sessions. Night time sessions will be more Hatha style to wind down, whilst still getting a good workout. Morning sessions will be more energizing Vinyasa Flow. These sessions will go for 60mins each and cost \$7.50-\$15 each, depending on your member status. Please see us at reception for more details.

We also welcome non members to all our classes. So if you're only interested in doing classes come and have a chat and we can discuss some different options.