

Member Support

The Powerlifting (Weighted Resistance Training) classes are Group Classes. As with Rowing, Kettlebells, Mobility, Yoga, Animal Flow and more, these are Instructor led, follow along classes.

However, as with our Calisthenics program, we recognize that this type of training does require a certain degree of technical proficiency and Specific Physical Preparedness ('SPP') and 'classes' in this discipline are not common with Gyms and wont be found in recreation centres as participants typically engage via private or semi-private training with a coach.

We want our members to realize the benefits of weight training but we do want you to be safe, avoid injury and achieve your health and fitness goals related to strength, power, muscular endurance, hypertrophy and more.

We wanted to make it clear that members whom lack the necessary mobility, flexibility, bio-mechanics, form, technique posture etc. and therefore may be struggling with the class or be unsure if they are doing things correctly can secure one-off 30 or 60 min private sessions with one of our designated coaches:

- Roxana Hajivandi
- Dasha Marinets
- Atena Ross
- Sam Yi

People primarily engage in private training to leverage Coach knowledge, credentials, expertise, skills, experience as this will deliver results in a shorter timeframe, eliminate bad habits and reduce the risk of injury.

In the fitness industry, Group Instructors typically follow a 90second rule protocol, to enable the class to run smoothly.

The 90s rule:

We will help anyone with anything they need help with in a class for periods of approx. 90s. Anything more than that, or numerous requests for assistance during a class, the member is encouraged to engage in a one-to-one or semi-private (2-to-4 people) session with a coach to get through any sticking points, learn specific techniques, work on specific areas/training goals etc.

The cost for a 30-minute session is \$47.50, 60 min \$95 (exception Atena, \$50 and \$100 respectively).

Please do reach out to a member of staff if you have any questions.