

# ISKIA ATHLETIC CLUB

Create yourself.

## MEMBERSHIPS

IAC offers a range of memberships to suit your training needs. We are fluid and flexible - with no lock-in contracts, the ability to suspend your membership, and you control all of your session bookings via our club training app. We give you the power to choose and train, while we take care of the rest.



## SERVICES

- Specialty Personal Training
- Semi-Private Personal Training
- Small-Group Classes
- Online Coaching
- Functional Movement Assessments
- 3D Body Scans
- Sports Massage

## HOW WE TRAIN

A community club in the form of an elegant environment, complete with the best practical training equipment and fitness tools. Our club is a sanctuary where members can work on bettering themselves in a private setting, under high quality, professional coaching. It is a true facility of health, wellness and increasing your physical potential. We make training efficient, educational, fun and practical, all whilst giving you results.



## FREE TRIAL

We can talk about it all we want- You won't regret giving yourself an opportunity to trial Iskia Athletic Club. With a full week of sessions on offer, get in contact today!

PRIME - DEVELOP - ENHANCE - RESTORE

Read more at  
[iskiaathleticclub.com.au](http://iskiaathleticclub.com.au)

**CHOOSE YOUR OWN ADVENTURE**

Iskia Athletic Club  
140/ 81 Constitution Ave  
Campbell ACT  
Rise Rogers PTY LTD



## **OUR MISSION**

Iskia Athletic Club is your local club, home of regeneration. It is time to regenerate your movement and your well-being towards a better and healthier you. We offer a range of small group training classes and personalised training sessions to give you the complete package to train your body, for your needs, to achieve your goals. IAC believes in using forms of strength, breath work, recovery, aerobic enhancement, movement corrections and postural positioning to form a resilient body. Restore the state of your health and fitness with us.

**OUR CLUB HAS BEEN  
SPECIFICALLY  
DESIGNED TO HELP  
CREATE THE BEST YOU**

## **WE OFFER 3 TYPES OF MEMBERSHIPS**

### **BASE**

The minimal effective dose of training we offer to get you started and on your way to building your base, This membership can help you maintain a regular routine for your fitness.

### **STANDARD**

The optimal effective dose of training IAC believes can make a positive impact on your health and fitness. A high-value package that gives you control over your training and results.

### **ADVENTURE**

Our highest level offers the most value. IAC's premium package gives you access to more coaching knowledge, training and programming than ever. This membership is for those serious about making a change for their health and fitness goals. ,

# BASE

3 x Group Classes per week

STYKU 3D Body Composition  
Scan at Joining

Access to all of IAC's Group  
Training Classes

Can purchase additional club  
training services

\$50 per Week

# STANDARD

1 x Precision Training Session

+

3 x Group Classes per week

Mini Health Consultation with  
STYKU 3D Body Analysis Scan  
Functional movement screen

Personalised Training Journal  
with individual program and  
results record Nutritional  
guide

1 x Complimentary Restorative  
class per week

Additional services can be  
purchased or added  
throughout term of  
membership.

\$90 per Week

# ADVENTURE

2 x Precision Training Sessions

+

2 x Group Classes per week

Coaches consultation with STYKU 3D  
Body Analysis Scans  
Functional movement screen,

Personal training journal with an  
individual program and results record  
Nutritional Program

1 x Complimentary Restorative class  
per week

Additional club access in open gym  
periods

Additional services can be purchased  
or added throughout the term of  
membership.

\$120 per Week

# OUR CLASSES

**IAC PRECISION** Precision is a training session that is designed precisely for you, your goals and your needs. The new age of personalised coaching in a semi-private environment. Train towards a better you - following a program that was designed exactly to get you the best results.

**IAC STRENGTH** Designed to teach the practical application of strength from the basic foundations to more advanced strength movements, principles and programs. Strength is the discipline that transfers to anything you do, Train your way to a stronger body that is stable and well balanced through a correct system of strength training.

**IAC ATHLETIC** Efficiency is what we strive for in conditioning the body to perform daily tasks better and to perform athletic tasks at a higher level. Athletic takes your energy system capacities to another level and gives you the tools to feel fit and be fit through correct sequencing of exercise intensity. This class is like no other, as we build your energy systems using scientific principles and advanced methods.

**IAC RESTORE** You can't always withdraw without depositing every now and then. Restore gives you the ability to replenish your body to allow it to recover and grow. Develop the ability to enhance your physical self through downregulation and recovery techniques that balance all forms of stress.

**IAC OUTRACE** is Canberra's first and only Outrace by Sidea complete training system. Where function meets efficiency and effectiveness meets elegance. This class is based around the heart of the club's multi-structure that can become a high-intensity circuit class, gymnastics, interval weight training, or pilates. Outrace challenges your body and develops everything to complete your training.

**IAC SPECIALISE** This is an optional extra for those seeking to have a private session with a coach in order to fine-tune their training or to work closely on specific goals. Our coaches are amongst Canberra's most experienced and qualified.

**IAC FUNCTIONAL BODYBUILDING** A class designed around building the body through strength, hypertrophy or physical capacity. FBB looks at addressing conventional exercises and challenging them in an unconventional way. Harder than regular strength training, but more enjoyable and in many ways, more beneficial.

**IAC BOXING** Whilst not everyone will enter a boxing ring, we believe the forefront of any sport training is technique. This class ensures the technique and safety of participants are catered for, whilst getting the benefit of boxing training. Punch properly, learn to defend yourself, get your heart rate up and do it all the right way with IAC's limited boxing classes.

**IAC PILATES** A class designed around basic movement principles and teaching of Pilates by our in club Pilates Instructor. Using floor-based movements and developing higher skills on our Outrace Pilates apparatus.

## **ADDITIONAL SERVICES**

**SPECIALTY TRAINING** One-on-one, hour-long coaching session to work specifically on fine-tuning your movement and training needs. Specialised and individual training regime. Can be purchased as single or packaged sessions. Must be used within 12 months of the original purchase date. \$100 per Session

**PRECISION TRAINING** 1-hour small group (2-4) persons in a personalised training session. Follows your individual designed program under the supervision of your Coach along with the Athletic Club systems of training. Can be purchased as single or packaged sessions. Must be used within 12 months of the original purchase date. \$40 per Session

**GROUP CLASS** Small group training (6-12) persons run by a Coach following a specific training discipline for that session. Strength, Athletic, Pilates or Restorative. Follows your individual designed program under the supervision of your Coach. Can be purchased as single or packaged sessions. Must be used within 12 months of the original purchase date. \$20 per Session

**MASSAGE** 30 or 60-minute massage. Sports Massage based soft tissue therapy from IAC's resident therapist, Aleksi. Can be purchased as single or packaged sessions. Must be used within 12 months of the original purchase date. \$60 for 30mins or \$100 for an Hour

**BODY SCAN 3D** A complete 10-minute consultation and 3D imaging body scan that tells you your exact limb and trunk girths, body fat/muscle composition, postural analysis, weight, height and health metric data. Results explanation and analysis. Can be purchased as a single session by members and non-members. \$40 per Scan

Please note that information and prices listed here are subject to change; readers of the information of this brochure will not be notified individually of changes.

Terms and conditions apply