



## **OUR MISSION**

The 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. The club 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 REGENERATE YOUR HEALTH**

## **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 TAC 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. TAC'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 TAC'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