

# **TRAINING & CLASSES**

## **TAC 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. This session is the basis of all sessions at the club and sets you up for successful, long-lasting results for your health & fitness.

## **TAC 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.

## **TAC 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.

## **TAC 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.

## **TAC 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.

## **TAC OUTRACE**

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.

## **TAC 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. Work 1-1 on your goals with a coach to achieve the most specialist form of training. Our coaches are amongst Canberra's most experienced and qualified.

## **TAC 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.

## **TAC 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. We believe so much in restorative practices, that these sessions come complimentary with most of our memberships.

# **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**

## **BODY SCAN**

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**

## **MASSAGE**

30 or 60-minute massage. Sports Massage based soft tissue therapy from TAC'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**