



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

\$54 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 the term of
membership.

\$98 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.

\$130 per Week

