

INSTITUTE OF PHYSICAL CULTURE



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# Small Group Training

Frequently Asked Questions

## **What is the difference between classes, and Small Group Training?**

You can think of Small Group Training as a blend between classes, and personal training. A class structure gave any of our members access to book into as many or as little classes as they liked per week. With this structure, we had limited ability to ensure proper program periodisation and due to the 'randomness' of members in attendance, we were unable to properly progress and regress workouts for individuals who require it. In short, we were unable to deliver the high level of service, detail, and results that our company values. Changing to Small Group Training ensures that we can write properly sequenced and progressive programs that will lead to better long-term results.

## **What memberships are available for Small Group Training?**

We will have 3 membership options to choose from:

2x sessions per week - \$38.00 per week

3x sessions per week - \$49.00 per week

4x sessions per week - \$60.00 per week

These prices are *inclusive* of 24/7 gym access.

## **Is there a lock-in contract for the small group training?**

While the small group training programs will be written in 12-week blocks, the membership will be set up as an ongoing membership. Just 4-weeks' notice needs to be given to cancel at any time.

## **Can I change my membership (how many sessions I can do) per week?**

No. Once you commit to a membership, it is locked in for the 12-week block to enable us to manage session numbers and program progression. Memberships can only be amended at the commencement of a new 12-week block (between testing weeks) only if there are membership spots available.

## **Can I pay for a casual session?**

No. This service is only available to those on the small group training memberships.

## **What happens if I don't make all of the sessions my membership allows for?**

As an example, if you are on 3 sessions a week membership and only make it to 2 sessions, you forfeit your third session for the week that you didn't use. Sessions cannot be made up the following week (e.g., you wouldn't be able to do a 4<sup>th</sup> session the following week to make up for the missed third session). If you know in advance that you won't be able to make all your sessions, come and talk to us and we can come up with a solution.

### Do I need to attend the same sessions every week?

Ideally, we would prefer you to lock in the same sessions every week, however we know that isn't always feasible. There will be room for flexibility with session bookings to ensure you are always able to attend your membership allowance of sessions.

### How big are the classes?

To allow us to provide more personalised coaching during the sessions, we are only allowing 4 attendees per session.

### What if I can't make a testing session during testing week?

If you are unable to make a scheduled testing session, contact one of our staff members to arrange an alternative.

### What are the available sessions I can come to?

The sessions available are outlined in the timetable below:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	SESSION <i>With Zoe</i>		<b>Session</b> <i>With Courtney</i>		SESSION <i>With Zoe</i>	
6:00 AM	<b>Session</b> <i>With Zoe</i>	Session <i>WITH COURTNEY</i>		SESSION <i>With Zoe</i>	<b>Session</b> <i>With Zoe</i>	
7:00 AM						
8:00 AM						
9:30 AM						
5:30 PM	SESSION <i>With Zoe</i>	<b>Session</b> <i>With Zoe</i>	SESSION <i>With Luke</i>			
6:00 PM						

## SMALL GROUP CLASS TIMETABLE

Unit 16, 14 Ashtan Place, Banyo QLD 4014

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Please note, that once a session is booked full, it becomes unavailable. You will be set up an account in Zen Planner, which is our booking system. You will be able to schedule in your own sessions via the app.

### **Can my membership be put on hold?**

Yes. If you know you will be away for an extended period of time, you are able to give us a weeks' notice to pause your membership.

### **Can I start at any time (e.g.) after a 12 week block has commenced?**

Absolutely. Because this is small group training which includes some customisation, if you were to start halfway through a 12-week block, we will be able to adjust the workouts to meet your needs and current level of strength and fitness.

### **What does my membership cover?**

- Attendance to the set number of sessions your membership is for;
- Testing sessions & progress tracking;
- Personalised report post testing;
- Guidance with specific goal setting;
- Customisation of exercises based off testing results (in relation to structural imbalances, mobility, and injury);
- Subscription to nutrition software Cronometer;
- Nutrition review and personalised recommendations;
- 24/7 gym membership

### **What does nutrition guidance look like?**

You will be provided with general nutrition recommendations which we believe will benefit you regardless of your goals. You will also be given an account to our nutrition tracking software should you wish to learn more about your eating habits. Your Nutrition can then be reviewed by one of our coaches on a more personalised basis should you want any help. We will not be providing meal plans or macro targets as part of the small group training, however this is an additional service should you wish to speed your results up and also receive more in-depth education around nutrition.

### **What will the 12-week programming look like?**

The 12 weeks will typically be broken down into 3 or 4 week phases. The first phase will address any structural imbalances and work towards improving general overall fitness (think of it as straightening a crooked tyre on a push bike). The second phase will work towards performance improvements (you can think of this as tightening the nuts on the tyre now that it is on straight), and the third/fourth phases will be peaking phases to get the best improvements on your performance and aesthetic goals based on what testing aspect we were working on.