

## **GROUP SESSION FAQs:**

### **When are the group classes?**

STRONG – Mon/Wed 7am + 9am

STABLE – Tues/Thurs 7am + 9am

STRIKE – Tues 5.15pm (This is a 6 week beginner training block, paid upfront. An intermediate ongoing session will then be available after beginner blocks are completed)

### **Can I book into different times each week?**

Most of our sessions are planned for the participants but also a clear progression for each training block.

We ask that participants stick to a training cycle before switching to another session style.

Training cycles are done in 6 week blocks (STRONG & STRIKE)

STABLE sessions can be started at any time and are programmed for versatility so you can do 1 or 2 per week, or add one onto your STRONG week to fill up your training week.

### **Will more times be available?**

Yes, we intend to bring after hours and more options as we grow our team.

If you have a Posse of peeps then setting up your own Posse Training timeslot might be better for you.

### **What's Posse Training?**

You can have your own purpose-built group PT styled to work on what your Posse wants at a time that suits you.

This is great if you want to direct your strengthening to improve your surfing, horse riding, walking/running, footy, or any other activity with a group of people you already know.

### **What do you have to do to set up a Posse?**

Contact us!

Sessions are set up with a minimum of 4 people and a maximum of 6. We ask that a Posse session runs for a minimum of 12 weeks.

### **What's the ongoing cost for group PT?**

The ongoing cost is just the cost of how many sessions you want to do per week. New trainees must do a movement assessment first before entering the groups which is the cost of a 1:1 PT session.

We don't do lock-in contracts, we aim to provide a wonderful training experience that cares for you and your body that makes you want to hang with us ongoing. We do ask for a reasonable bit of notice (2 weeks) if you do want to go. This is just so we can seal things off nicely for you & have a fond departure.

### **Why do a Movement Assessment?**

Our movement assessment checks all of your joints and posture to create an injury risk profile and a foundation for how we are going to safely train you in our groups. Your injury risk profile helps us to avoid injury as best we can while you are with us & also creates a great base-line to check your results on as you get stronger & more able. ***\*\*Foundation trainees have their movement assessment included if you start in our launch week – to celebrate Larissa's Birthday – Mon 29<sup>th</sup> April!***

### **How much are the sessions per week?**

1 session/wk - \$40

2 sessions/wk - \$75

3 sessions/wk - \$90

\*all new participants must complete a movement assessment prior to commencing groups

### **Do you do free trials?**

No.

Everyone must do a movement assessment before entering our sessions to ensure we are training you safely to avoid injury as much as possible.

### **Still have more questions?**

If you have more questions then help us build our FAQs and send them through to us!