

WELCOME!

TO COACHING ZONE AT GENESIS WANTIRNA

Our program is designed to help you achieve your results, be motivated by others with a common goal and provide accountability with a qualified coach guiding you through every workout.

Your Coach will help create a plan to achieve your goals, provide nutrition support and structure a personalised weekly training routine to get you to your goals.

Every workout has a purpose and will change the way you look at exercise.

The game of training has changed!



Genesis Fitness Club Wantirna
258 Scoresby Road, Boronia 3155
Call **9762 8333** or visit **genesissfitness.com.au**

 **GENESIS**
The Fitness Club for EveryBody

SESSION GUIDE



Personal Coaching

- Learn the foundations of correct movement and technique
- Follow a full body workout tailored to your goals and ability
- Personalised progression and regression exercises



Afterburn

- Personalised fat burning workout using MyZone Heart Rate System
- High intensity strength and cardio combo workout (80-90% max HR)
- Achieve the after-burn effect and your body will burn fat 36 hours post workout



Big Lifts

- Learn correct technique in our state of the art lifting zone
- Build strength, power and agility by combining lifting with dynamic movements
- Develop co-ordination and core strength for a lean and strong body



Boxing

- Learn correct technique and boxing combinations in a small group environment
- Get personalised feedback from your boxing coach
- Improve speed, strength, fitness and burn fat whilst reducing stress



Hi-Performance

- Our weekly competition based workout to test your fitness levels
- Rapidly build cardio fitness, strength and endurance
- Win the weekly workout and be crowned the Coaching Zone weekly Champion!

No lock in agreements, upgrade or downgrade your membership at any time.

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