

A GUIDE FROM IRONBARK STRENGTH CLUB

Three steps to your first class

Three ways to train at Ironbark Strength Club, every session on the timetable.

Ironbark Strength Club



STRENGTH COACHING IN MARRICKVILLE

The coaches behind every session

Marrickville has plenty of machines. It had no small, coached room where a beginner and a seasoned lifter could train the same hour and both get watched. That's the gap Ironbark fills.



01

Strength classes for every fitness level

Small-group strength training in Marrickville, coached by a qualified strength coach and capped at twelve people. All levels welcome, from first-timers to lifters.



What a strength class looks like

Coached every class

Every strength class is run by a qualified strength coach, from warm-up to the last set.

Capped at twelve

Classes are capped at twelve people, so your coach sees your bar path, not just the clock.



02

Train your way on the open gym floor

Open gym gives you the space and equipment to run your own session, any day within our hours. No class format, no waiting.



Open gym floor, your program

Run your own program

Follow your own strength or conditioning program on the open gym floor, with no set class structure to follow.

Train on your schedule

Drop in any time within our hours: Monday to Friday 5:30am–8pm, Saturday 7am–12pm.

Share the floor

Train alongside other members running their own sessions, with space to focus on your lifts.

Suits confident lifters

Best for members who already know their program and want the equipment without a coached class.



03

One-on-one coaching in Marrickville

A qualified strength coach, a plan built around you, on the open gym floor at Ironbark.



Training built around you

Starts with your goals

Your coach learns your history, goals and schedule before you lift a bar.

Programming for you

A plan built around your goals, not a generic template.

One-to-one coaching

Every session is coached, one-to-one, by a qualified strength coach.

Full use of the gym floor

Train on the same open gym floor as every member, at a time that suits you.



Why members stay

Qualified coaching

Every class is run by a qualified strength coach, not left to a screen.

Small by design

Classes capped at twelve, so coaches see every lift.

Open gym access

Train outside class hours on your own programme.

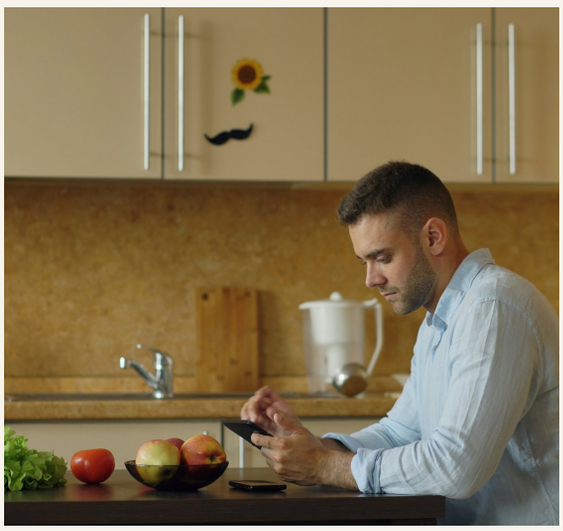
Local to Marrickville

On Sydenham Rd, open early and late on weekdays.



GETTING STARTED

Three steps to your first class



1 Choose a membership

See the memberships and pick unlimited, three classes a week or a ten-class pass.

2 Join online

Join online in a few minutes, straight from your phone or laptop.





3 Book your first class

Pick a class on the timetable and meet your coach on the floor.

INSIDE THE GYM

A look inside



Strength class



Boxing conditioning



Personal training

Your first class is waiting

Join a coached strength class, train on the open gym floor, or book personal training — in Marrickville.

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