

A GUIDE FROM IRONBARK STRENGTH CLUB

THREE STEPS TO YOUR FIRST SESSION

Coached classes, open gym time or one-to-one coaching – see the timetable for days and times.

FC

Ironbark Strength Club



COACHED CLASSES IN MARRICKVILLE

TRAIN UNDER A QUALIFIED COACH EVERY TIME

Ironbark Strength Club exists because training works best with a coach watching your bar path, not just a mirror. Every class stays capped at twelve people, so the coach knows your name and your numbers.



01

COACHED STRENGTH CLASSES IN MARRICKVILLE

Small classes on the gym floor, coached from warm-up to the last set.



EVERY CLASS, COACHED AND CAPPED

Capped at twelve

Every strength class is capped at twelve people, so your coach can see your lifts and adjust them.

Coached, every session

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



02

RUN YOUR OWN SESSION ON OUR FLOOR

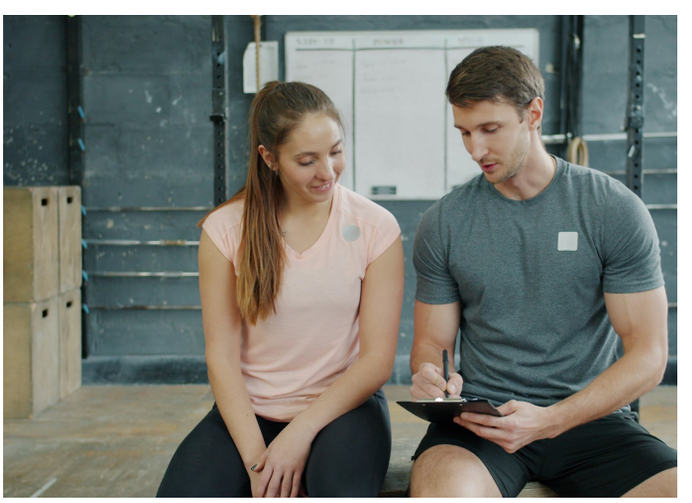
No class to follow, no clock to beat.



WHAT OPEN GYM GIVES YOU

THE FLOOR IS YOURS







03

PERSONAL TRAINING BUILT AROUND YOU

One-on-one strength coaching for beginners, returning lifters and anyone training around an injury. Work with a qualified strength coach in our Marrickville gym.



ONE-ON-ONE COACHING, EVERY SESSION

Personal training at Ironbark means dedicated time with a strength coach, built around your goals.



Every personal training session is led by a qualified strength coach, working with you one-on-one.



WHY TRAIN AT IRONBARK

Qualified coaching

Every class is coached by a qualified strength coach, start to finish.

Small class sizes

Classes are capped at twelve people, so your coach actually sees your lifts.

Open gym access

Train on your own programme on the open gym floor whenever it suits.

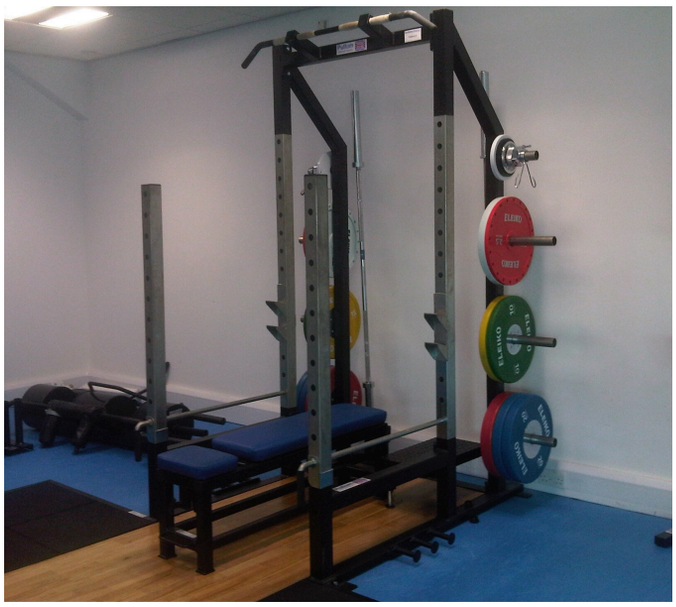
Marrickville community

A local gym built around training together, not training alone.



GETTING STARTED

THREE STEPS TO YOUR FIRST SESSION



1 Choose your plan

See the memberships and pick what suits your week.



2 Join online

Sign up in a few minutes, from wherever you are.



3 Book your first class

Reserve a spot on the timetable and meet your coach.

THE GYM FLOOR

INSIDE IRONBARK



Strength class



Open gym



Personal training

YOUR FIRST SESSION STARTS HERE

Join a coached class, try the open gym floor, or book personal training — see the memberships and start your trial.

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