

A GUIDE FROM FORGE STRENGTH GYM

START LIFTING THIS WEEK

Three steps from first call to your first lift.

Forge
Strength Gym



THE COACHES BEHIND EVERY REP

East Austin lifters deserve more than a crowded floor and a stranger's playlist. We capped classes at 12, hired coaches who hold their NSCA-CSCS, and built a gym where beginners and athletes train side by side.



01

SMALL-GROUP STRENGTH CLASSES IN EAST AUSTIN

Coached by certified strength coaches, capped at 12 people, built for adults new to lifting and athletes chasing more. Your first week is free.



WHAT EVERY CLASS INCLUDES

First week free

Train with us for a full week at no cost — feel the coaching, the energy, the team, before you commit.

Classes capped at 12

Every small-group session holds at most 12 people, so your coach sees your form on every lift.

Certified strength coaches

Every class is led by a coach holding NSCA or CSCS certification — real credentials, real coaching.



02

TRAINING BUILT AROUND YOU

One-on-one coaching with a certified strength coach, programmed to your goals.



WHY TRAIN ONE-ON-ONE AT FORGE

NSCA, CSCS coaches

Every personal training session is led by a certified strength coach.

Programming for you

Your plan is built around your lifts, your goals and your schedule.

Serious equipment

Train on the same platforms, racks and bars used in open gym.

First week free

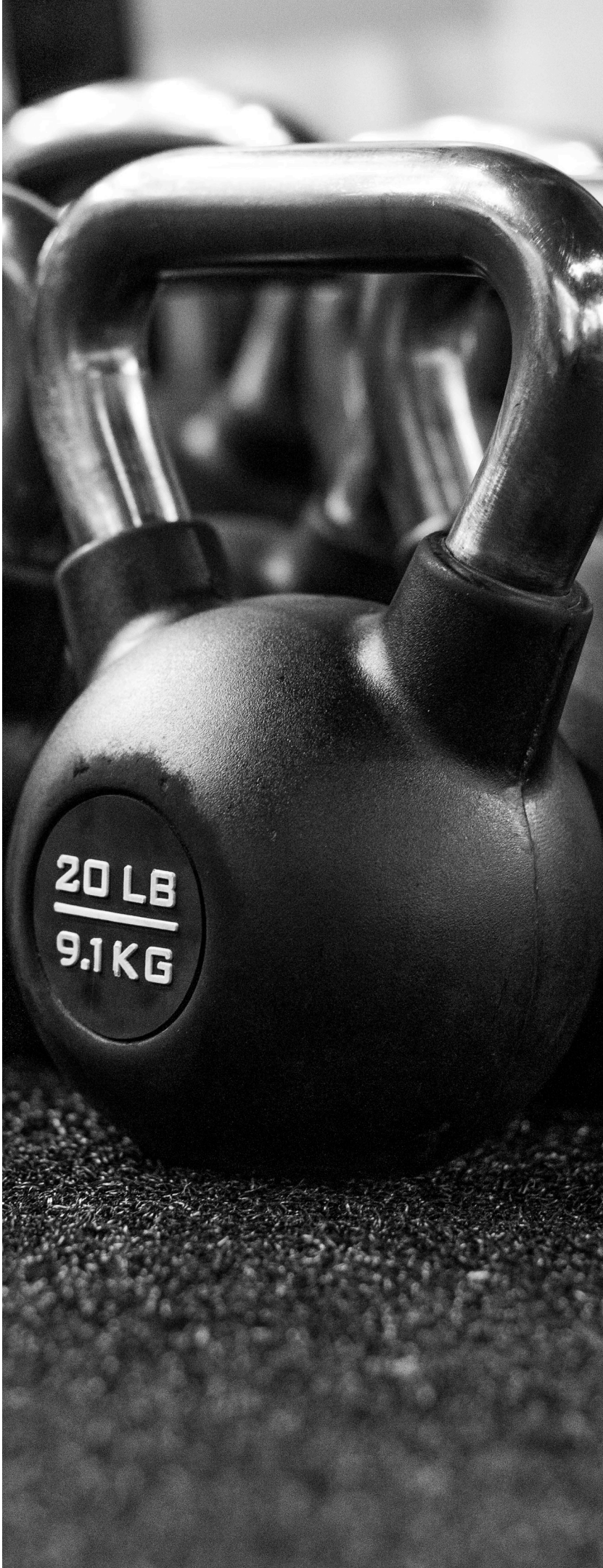
Try personal training and the whole gym before you commit to anything.



03

OPEN GYM ACCESS FOR SERIOUS LIFTERS

Full racks, platforms and bars, open every day of the week.



WHAT OPEN GYM INCLUDES

First week free

Try open gym for one full week before you decide to join.

Certified coaches on the floor

NSCA- and CSCS-certified strength coaches are on-site to check your form and help with programming.



TRAIN WITH CONFIDENCE

First week free

Try Forge for a full week before you commit to a plan.

Classes capped at 12

Small groups mean real coaching, not a crowd.

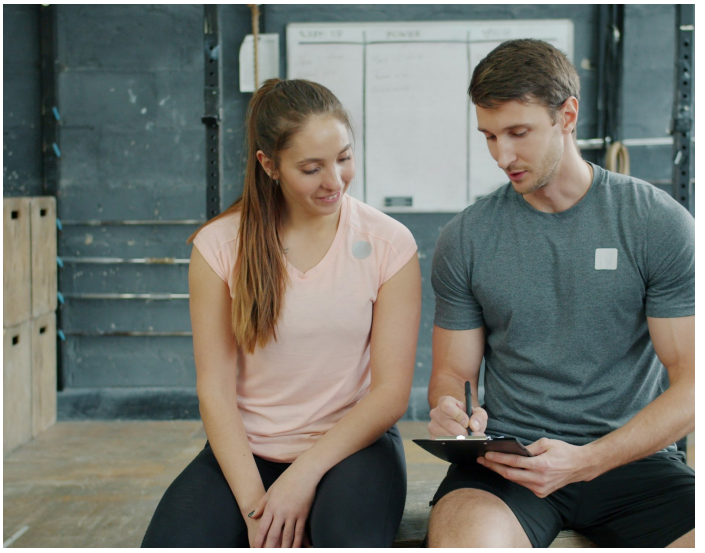
Certified strength coaches

Every coach holds NSCA CSCS certification.



HOW IT WORKS

START LIFTING THIS WEEK



1 Book your trial

Claim your first week free, no commitment.

2 Meet your coach

Start with the beginner on-ramp or jump into open gym.





3 Train and progress

Join small-group classes, PT sessions, or open gym on your schedule.

THE FLOOR

INSIDE THE GYM



Open gym session



Small-group class



Personal training

YOUR FIRST WEEK IS FREE

Coached classes, personal training and open gym, all in East Austin. Start this week.

(512) 555-0174

forge-strength.sitepages.app
tyler@forgestrength.com
East Cesar Chavez Street, Austin, TX

Forge Strength Gym