



**STRENGTH • WELLNESS • ELEVATION • LONGEVITY • LIFESTYLE**

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# WELCOME TO SWELL FITNESS

**Thank you** for investing in your health and wellbeing and trusting me as your coach.

Welcome to your one and only life, thanks for joining the party where **YOU are a PRIORITY.**

A very warm welcome!  
Now let's get to work!

**Commitment and consistency** are essential components to achieving your health and fitness goals.

This is what I'm here to assist you in...

I want to say I am already proud of you for taking the first leap towards **better health and fitness.**

I'm excited to set and attain new goals with you and enjoy our sessions together!

I look forward to working with you to be the **happiest and healthiest version of yourself.**



## CONTACT



Unit 1/ 66A Kalaroo Road,  
Redhead, 2290

PH: 0424515175

E: [INFO@SWELLFITNESS.COM.AU](mailto:INFO@SWELLFITNESS.COM.AU)



[@SWELLFITNESS.REDHEAD](https://www.instagram.com/SWELLFITNESS.REDHEAD)



[SWELL FITNESS](https://www.facebook.com/SWELL FITNESS)

# MEET YOUR COACH SIENNAH



I'm Siennah, the owner of **SWELL Fitness Redhead**.

I love all things nature; A good **sunrise**, an **ocean swim, a trail run and a coffee**, to be specific, a long black with a dash of milk just incase you wanted to know...

I've had my career as an elite gymnast, dancer and sport aerobics athlete in which I claimed the title of 4 time World Champion. My optimism of what my body is capable of has led me to dabble in many forms of movement such as **strength training, olympic lifting, running, dancing, surfing, calisthenics**, more. I truly believe the human is an **interconnected** and **intricate** balancing act between the **mind, body** and **soul**. This leaves me in a constant state of curiosity to better myself as a coach and the people who surround me. They say "the best teachers never stop learning.

So let's just say I have had my fair share of training and I'm extremely passionate about sharing the gift of movement.

I'm excited to be a part of your fitness journey, so lets get to it.

## QUALIFICATIONS

**Current First Aid / CPR**

**Certificate III Fitness**

**Certificate IV Fitness**

**Certificate IV Nutrition Coaching**

**ASCA Level 1 Certification**

**Functional Ageing Certificate**



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# PERSONAL TRAINING

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# PERSONAL TRAINING SERVICES & PRICING

## SERVICES AND PRICES

1:1 PT (1 hour)	\$85.00
2:1 PT (1 hour)	\$90.00 (\$45pp)
Personalised Weekly Online Programming + Weekly Check In Form	\$80.00 P/W
Health and Wellness + Nutrition Coaching	\$70.00 P/W

## PAYMENT METHODS

1. Cash on the Day
2. Weekly Invoice
3. Square POS
4. Recurring Direct Debit

## COACHING SPECIALTIES

- Sport Aerobics Specifics
- Over 60's
- Mobility/Flexibility
- Female ONLY
- Functional Training
- Calisthenics
- Olympic Lifting
- Qualified Health and Wellness Coach
- Female Athlete Specifics

# PERSONAL TRAINING TERMS & CONDITIONS

## 1:1, 2:1 or. Organised Small Group Personal Training.

These sessions are designed specifically towards your exercise history, any injuries, your goals, and your body and for those wanting to focus on their form or just wanting something a little more personal.

Before signing up to 1:1, 2:1 and/or organised group sessions you must contact **Siennah** on **0424515175** or **siennah@swellfitness.com.au** to organise your session slot.

- 1.** You will organise a weekly schedule with your coach for your PT sessions.  
(Your time slot will remain the same each week, any changes required are to be advised within minimum 1 week).
- 2.** It is encouraged that you complete a minimum of 8 weeks of training before ceasing your personal training sessions. These will be charged on a weekly debit through Ezidebit and a link will be sent for this to be setup.  
\*If a pause is required within this 8 week period, please contact Siennah on 0424515175, within 2 weeks of needing your sessions paused.
- 3.** For courtesy of my time, if for some reason you cannot attend your booked session (including work schedule changing, going on holidays) you must give at least **24 hours notice**, otherwise you will be issued a **cancellation fee of 50% of session price**.



# GROUP TRAINING



# GROUP TRAINING

**OUR GROUP SESSIONS ARE BASED AROUND A 3 DAY FULL BODY STRENGTH SPLIT + 2 DAYS OF CONDITIONING AND A STRENGTH/TEAMS SESSION ON SATURDAYS.**

**THIS MEANS NO MATTER WHICH SESSION YOU ATTEND, ENSURE YOU WILL GET A TOP TO TOE WORKOUT WITH BOTH STRENGTH AND CONDITIONING COMPONENTS.**

## **STRENGTH - Monday, Wednesday and Friday**

At SWELL Fitness we believe that Strength training should be a key pillar to any good training regime, strength can improve movement, ability, metabolic rate and overall quality of life.

Here at SWELL our STRENGTH sessions are structured in 4-6 week programming blocks. Each member of the group classes is issued a tracking sheet at the commencement of every training block, this is so we can consistently track your load progressions to ensure you are consistently improving and tracking well towards your goals.

We have a strong focus on correct lifting techniques to ensure you understand your positions in each movement before progressing. Rest assured that you're in good hands when it comes to progressing strength & increasing your movement capacity.

## **ELEVATION / CONDITIONING- Tuesday and Thursday**

Whilst Strength Training should be slow & controlled, it's also important to get your heart rate up! Spending some time breathing heavily is great for our heart and lung health and allows us to have the gas in the tank ready for when life demands us. E.g; running with the kids, taking the dog for a jog, taking the stairs instead of the elevator, dashing for the ball your son just threw you at the park.

THERE ARE TWO TYPES OF CARDIO; HERE'S WHY THEY BOTH MATTER

- Aerobic: Moderate impact for sustained use. (ZONE 2 STEADY STATE CARDIO)
- Anaerobic: Short, high impact. (HIIT/TABATA)

The Bottom Line: Both of these types of cardio should be included in your weekly exercise regime and it is suggested you get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity.

**SATURDAY** - Combination of Strength and Conditioning and teamwork.

# GROUP TRAINING MEMBERSHIP OPTIONS

## **UNLIMITED Group Sessions = \$65 per week**

- Unlimited Group Sessions per week, on a weekly direct debit payment

## **3 x Group Sessions = \$55 per week**

- 3 Group Sessions per week, on a weekly direct debit payment.

## **2 x Group Sessions = \$45 per week**

- 2 Group Sessions per week, on a weekly direct debit payment.

## **1 Week Trial \$25**

- Trial any of our sessions within a ONE week period.

## **CLASS PASSES**

**10 Pack Class Pass = \$240**

**Casual Drop In Session = \$25**

# GROUP TRAINING MEMBERSHIP OPTIONS

## WEEKLY GROUP TRAINING TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	<u>5:45AM-6:40AM</u> STRENGTH / FITNESS	<u>6AM-6:45AM</u> CONDITIONING	<u>5:45AM-6:40AM</u> STRENGTH / FITNESS	<u>6AM-6:45AM</u> CONDITIONING	<u>5:45AM-6:40AM</u> STRENGTH / FITNESS	
	<u>6:45AM-7:40AM</u> STRENGTH / FITNESS		<u>6:45AM-7:40AM</u> STRENGTH / FITNESS		<u>6:45AM-7:40AM</u> STRENGTH / FITNESS	<u>7:30AM-8:25AM</u> STRENGTH / FITNESS
	<u>9.30-10:25AM</u> STRENGTH / FITNESS (LADIES)	<u>9.30-10:15AM</u> CONDITIONING	<u>9.30-10:25AM</u> STRENGTH / FITNESS (LADIES)	<u>9.30-10:15AM</u> CONDITIONING	<u>9.30-10:25AM</u> STRENGTH / FITNESS (LADIES)	
	<u>10.30-11.25AM</u> LONGEVITY		<u>10.30-11.25AM</u> LONGEVITY		<u>10.30-11.25AM</u> LONGEVITY	
AFTERNOON						
	<u>4:30PM-5:25PM</u> STRENGTH / FITNESS		<u>4:30PM-5:25PM</u> STRENGTH / FITNESS	<u>4:15PM-5PM</u> CONDITIONING	<u>4:30PM-5:25PM</u> STRENGTH / FITNESS	
	<u>5:30-6:25PM</u> STRENGTH / FITNESS	<u>5:15PM-6PM</u> CONDITIONING	<u>5:30-6:25PM</u> STRENGTH / FITNESS		<u>5:30-6:25PM</u> STRENGTH / FITNESS	
		<u>6:15-7PM</u> BOXING				

# GROUP TRAINING INFORMATION

- We keep group sessions capped at a small number, to encourage a less intimidating and more personal approach to group training.
- Upon enrolling, I suggest choosing in advance your preferred day/times of training via the booking app, to ensure you get the sessions you want as numbers are limited and goes on first in best dressed principle when booking sessions.
- I run smaller classes to ensure every client is getting personalised attention to their fitness goals. This allows for you to get more 1:1 time with your coach, which will give you better results in a group training setting.
- I keep it simple, yet effective with 8-week progressive program blocks for group classes, with weekly tracking sheets to create markers as well as the educational tools to record, track and compare your progress, this way you can stay motivated by the progression and improvement of performance in the gym.

## **HOW TO BOOK INTO YOUR GROUP SESSIONS**

### **We use Club Fit app for class bookings/debiting system.**

More information regarding booking into group sessions via a booking app, will be provided upon signing up for a membership with SWELL Fitness.

You will be able to cancel/rebook your sessions at any time up until 1 HOUR before the session begins. However, if you intend to cancel your booking, please to do within the 6 HOUR time frame, as courtesy to other members who could take this spot in the session.

If cancelled within the 1 hour period, you can make up the missed session within the current week only, however missed sessions cannot be spread out over multiple weeks.

# GROUP TRAINING TERMS & CONDITIONS

## PAYMENT INFORMATION

Payments are made on the Monday of each week via direct debit, unless we are advised of another day you prefer. You will be sent a link with setup information regarding debits on enrolling.

Debits have a 0.60c fee (if paying by bank account) or (if paying by card) 1.6% transaction fee plus 0.60 cents is charged by your bank to your account.

Any failed payments result in a fee of from the bank (this figure is dependent on which bank you are with. Your failed transaction will attempt to process again in 3 days. If for any reason you cannot make a payment, please notify us via email ASAP so we can avoid this fee and work something out.

### **Contact Emails:**

info@swellfitness.com.au

Siennah: siennah@swellfitness.com.au

Tracey: tracey@swellfitness.com.au

## CANCELLATION OF MEMBERSHIP

Of course we recommend a minimum of 3-6 months of consistent training for best results, however once signing up for a membership, you must complete **8 consecutive weeks** of training with SWELL FITNESS before cancelling your membership.

Additionally, a requirement of a **minimum of 2 full weeks' notice** must be given to Siennah to cease membership/cancel auto-payments as you will be required to complete a cancellation form.

We offer a maximum of **6 Weeks** of membership pauses each year. In order to PAUSE your membership, please give us **1 full weeks' notice via email or by submitting a request to pause via the Club fit app** and we will pop your membership on pause for the requested duration and recommence when you are back in the gym.



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# LONGEVITY

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# LONGEVITY INFORMATION

## LONGEVITY CLASSES

These classes are tailored for people who want focus on building strength and endurance, mobility, balance and agility. This is a safe, friendly and social environment with likeminded people, who are interested in improving their longevity.

## LONGEVITY GROUP CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.30-11.20AM LONGEVITY		10.30-11.20AM LONGEVITY		10.30-11.20AM LONGEVITY

## CLASS PACKAGES

**10 X CLASS PACK - \$150**

**5 X CLASS PACK - \$80**

**CASUAL SESSION - \$17**

## PAYMENT OPTIONS

\*Class Passes can be purchased via cash, square terminal or by direct deposit into account.

\*Casual sessions - are to be paid by Cash, or Square POS on day of class.

ACCOUNT NAME - Siennah Pirona

BSB - 650 000

ACC NUMBER - 545 029 604

REFERENCE - Your name

# TRAINING TERMS

## **SET**

A set is a series of repetitions performed sequentially.

For example, eight repetitions can be one set of bench presses.

## **REPS**

Reps are the amount of times you need to complete an exercise in a set.

For example - 3 sets of 10 squats .

## **SUPERSETS**

Supersets are the concept of performing two exercises back to back that usually uses opposing muscle groups.

## **COMPOUND SET**

A Compound Set is where you perform two exercises back to back that uses the same muscle group as each other but uses different equipment/movement patterns.

## **RIR (REPS IN RESERVE)**

Reps in Reserve is the number of reps you have left in the tank after completing a working set or how many more reps you could have completed before reaching complete failure (without breaking your form.)

## **TEMPO**

Tempo is the speed at which you perform a movement.

Tempo can increase the time spent under tension which is crucial for muscle growth and mastering techniques. For example, a tempo that states 3120 means 3seconds of the first part of the movement, 1second pause, 2seconds to return to starting position, 0 seconds to rest before beginning the next rep.



# TRAINING TERMS

## **AMRAP**

AMRAP is an acronym for the phrase “as many rounds as possible.” AMRAP workouts involve doing as many repetitions of an exercise as possible during a set amount of time, without resting (or with very limited resting).

## **EMOM**

An acronym for “every minute on the minute,” EMOM workouts challenge you to complete an exercise for a certain number of reps in less than 60 seconds. The remaining time within the minute serves as your recovery.

EMOMs can be every minute, every 2 minutes, every 3 minutes, etc. For example, “E2MOM” means each 2 minutes, where you have 2 minutes to perform some amount of work.



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**Thank you &  
welcome to  
SWELL!!**

**We look forward to  
working with you  
to be the happiest  
& healthiest  
version of yourself.**

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