



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

# CONTENTS

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**WELCOME TO  
SWELL FITNESS**

---

**MEET YOUR  
COACHES**

---

**PERSONAL  
TRAINING-  
PRICING/T&C'S**

---

---

**GROUP TRAINING +  
DANCEFIT + YOUTH  
MEMBERSHIPS/  
T&C'S / TIMETABLE**

---

**LONGEVITY SESSIONS  
PRICING/T&C'S /  
TIMETABLE**

---

**GENERAL  
TERMINOLOGY**

---

**THANK YOU**

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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.**

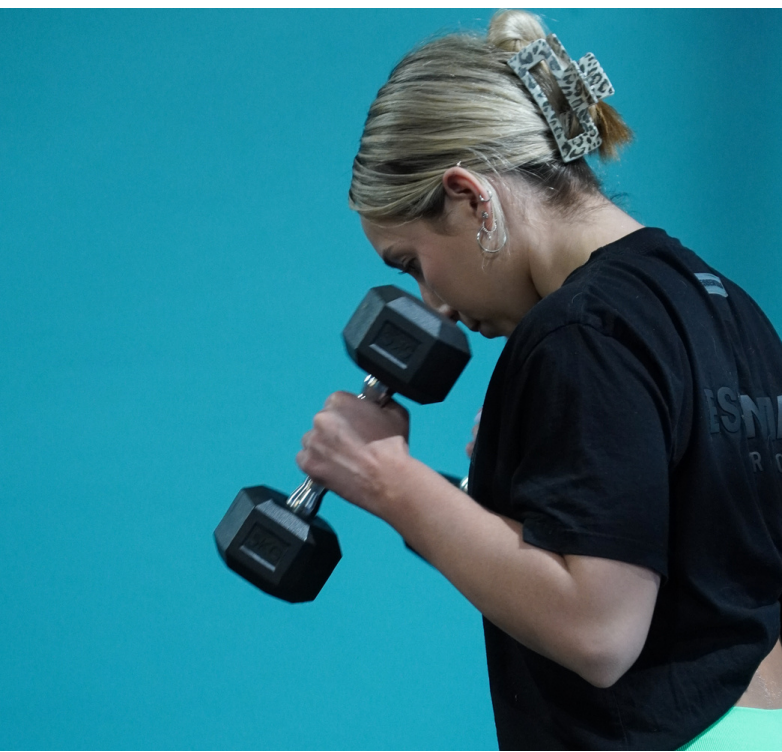
A very warm welcome!  
Now let's get to work!

**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



SWELL FITNESS

# MEET THE FOUNDER 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**

# MEET YOUR COACHES

**TRACEY**



**CHRIS**



**SHAY**



**AMBER**





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# PERSONAL TRAINING

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# PERSONAL TRAINING SERVICES & PRICING

## SERVICES AND PRICES

1:1 PT (1 hour) Siennah     \$110 inc gst  
1:1 PT (1 hour) Chris       \$95 inc gst

2:1 PT (1 hour)               \$120 inc gst  
                                         (\$60pp)

Personalised Weekly  
Online Programming       \$80.00 P/W  
+ Weekly Check In Form

Health and Wellness +     \$70.00 P/W  
Nutrition Coaching

## PAYMENT METHOD

Weekly/Fortnightly or  
Monthly billing via Club Fit  
system.

### 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.

## COACHING SPECIALTIES

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

# PERSONAL TRAINING TERMS & CONDITIONS

## **1. Scheduling:**

- You will work with your coach to establish a weekly schedule for your personal training sessions.
- Your time slot will remain the same each week unless changes are needed—please provide at least one week's notice for any adjustments.

## **2. Cancellations & Reschedules:**

- Sessions must be canceled or rescheduled at least 24 hours in advance to avoid a cancellation fee.
- Cancellations made less than 24 hours before your session will result in a full session fee being charged.

## **3. Commitment & Cancellation Policy:**

- To see real progress, we encourage you to commit to a minimum of 8 weeks of training before considering any changes.
- If you wish to stop training, please provide at least 2 weeks' written notice via email to [siennah@swellfitness.com.au](mailto:siennah@swellfitness.com.au) to cancel future payments.

## **4. Courtesy & Absences:**

- Out of respect for your coach's time, if you cannot attend a booked session (e.g., due to a schedule change or holiday), you must provide at least 24 hours' notice.
- Failure to do so will result in the full session fee being charged.

## **5. Extended Absences:**

- If you plan to be away for multiple sessions (e.g., holidays), please email [siennah@swellfitness.com.au](mailto:siennah@swellfitness.com.au) at least 2 weeks in advance to discuss options.

## **6. Session Timeliness:**

- Please arrive on time so we can maximize your full 60-minute session from the scheduled start time.

**Thank you for your cooperation, we are excited to work towards your fitness goals together!**



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# GROUP TRAINING

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# GROUP TRAINING MEMBERSHIP OPTIONS

## WEEKLY GROUP TRAINING TIMETABLE

|           | MONDAY                                         | TUESDAY                                        | WEDNESDAY                                      | THURSDAY                            | FRIDAY                                         | SATURDAY                            |
|-----------|------------------------------------------------|------------------------------------------------|------------------------------------------------|-------------------------------------|------------------------------------------------|-------------------------------------|
| MORNING   | STRENGTH / FITNESS<br>5:45AM-6:40AM            | STRENGTH / FITNESS<br>5:45AM-6:40AM            | STRENGTH / FITNESS<br>5:45AM-6:40AM            | STRENGTH / FITNESS<br>5:45AM-6:40AM | STRENGTH / FITNESS<br>5:45AM-6:40AM            |                                     |
|           | STRENGTH / FITNESS<br>6:45AM-7:40AM            | STRENGTH / FITNESS<br>6:45AM-7:40AM            | STRENGTH / FITNESS<br>6:45AM-7:40AM            | STRENGTH / FITNESS<br>6:45AM-7:40AM | STRENGTH / FITNESS<br>6:45AM-7:40AM            | 7:30AM-8:25AM<br>STRENGTH / FITNESS |
|           | 9.30-10:25AM<br>STRENGTH / FITNESS<br>(LADIES) | 9.30-10:25AM<br>STRENGTH / FITNESS<br>(LADIES) | 9.30-10:25AM<br>STRENGTH / FITNESS<br>(LADIES) |                                     | 9.30-10:25AM<br>STRENGTH / FITNESS<br>(LADIES) |                                     |
|           | 10.30-11.25AM<br>LONGEVITY                     |                                                | 10.30-11.25AM<br>LONGEVITY                     |                                     | 10.30-11.25AM<br>LONGEVITY                     |                                     |
| AFTERNOON |                                                |                                                |                                                |                                     |                                                |                                     |
|           | 4:30PM-5:25PM<br>STRENGTH / FITNESS            |                                                | 4:30PM-5:25PM<br>STRENGTH / FITNESS            | 4:30PM-5:15PM<br>YOUTH CLASS        | 4:30PM-5:25PM<br>STRENGTH / FITNESS            |                                     |
|           | 5:30PM-6:25PM<br>STRENGTH / FITNESS            | 5:30PM-6:15PM<br>STRENGTH / FITNESS            | 5:30PM-6:25PM<br>STRENGTH / FITNESS            | 5:30PM-6:15PM<br>STRENGTH / FITNESS | 5:30PM-6:25PM<br>STRENGTH / FITNESS            |                                     |
|           |                                                | 6:15-7PM<br>BOXING                             | DANCE FIT<br>5:45PM-6:35PM                     | 6:30PM-7:25PM<br>PRE SEASON CLASS   |                                                |                                     |
|           |                                                |                                                | YOGA WITH BRON<br>7PM-7:55PM                   |                                     |                                                |                                     |



# 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

## DANCE FIT (Add On Membership to Strength/Fitness)

Casual Drop in = \$20

5 Pack Class Pass = \$90

10 Pack Class Pass = \$180

# STRENGTH/FITNESS GROUP TRAINING

OUR GROUP SESSIONS ARE BASED AROUND A 5 DAY FULL BODY STRENGTH SPLIT WITH HIGH REP/CARDIO FINISHER AND A STRENGTH AND CONDITIONING 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 /FITNESS (MONDAY-FRIDAY)**

### **STRENGTH**

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/FITNESS program is set out in structured and progressive 4-6 week training 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.

### **CARDIO**

We do add some cardio into our sessions also, with a 12-20 minute finisher combining high rep movements, use of our ergs (bike, row, ski) to up the intensity at the end of the session, here is why...

Whilst Strength Training is important 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.

### **MOBILITY**

We highly prioritise mobility here at SWELL, with a dynamic/movement specific warm up and an intentional portion of the session dedicated at the end of each session to work on our mobility. Flexibility, joint mobility and health is a super important and often overlooked aspect of training which helps you to move better and be less prone to injury.

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

# DANCE FIT

**Dance fit is a fun, cardio workout style dance class.  
Think of this as an old school aerobic dance class.**

## **Benefits of Dance;**

- **Improves coordination**
- **Improves memory**
- **Improves body awareness / balance and agility**
- **A great fun outlet for creativity**
- **A new group of people meet**
- **A moment to take life not so seriously and have a laugh whilst enriching your brain and body.**



Your instructor TRACEY,

Coach Tracey is a professional in the dancing field, Tracey started dancing in her youth as a technically trained ballet, contemporary, jazz, lyrical, tap and hip hop dancer. She has taught at Johnny Young talent centre and progressed onto open her own dance studio “The Rhythm factory” which she ran for 20 years. Teaching people from ages 2 and up she has a wealth of experience and passion for inspiring people to get into dance and watching their progress!

**Dance Fit Class happens on Wednesday nights at 5:45pm.**

**With more classes set to be added to the timetable with growing demand.**

This class is beginner friendly and you do not have to have any dance experience to join in. Tracey is a versatile teacher and able to meet anyone where they are at with appropriate movement progressions/regressions where needed.

# YOUTH CLASS

**THURSDAYS 4:30pm -5:15pm**

**(Term Based-Check in Club for each term's start date)**

## **What is Youth Class all about?**

Our Youth Program is intended for youth aged 10-16 who are interested in developing their athletic ability and building out a strong base for movement in a safe and supportive environment of like minded and similar aged individuals.

**This class is going to be run in 8 week blocks;**

**We will cover within these blocks aspects of:**

- **Bodyweight strength progressions**
- **Basics of beginner gymnastics training**
- **Sprints / Plyometrics / Agility**
- **Cardiovascular endurance development**
- **Teamwork and mental strength**

This class is beginner friendly and you do not have to have any prior gym experience to join in. Our Coaches are experienced at meeting anyone where they are at with appropriate movement progressions/regressions where needed.



# 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 4-6 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 low in intensity and 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<br>LONGEVITY |         | 10.30-11.20AM<br>LONGEVITY |          | 10.30-11.20AM<br>LONGEVITY |

## CLASS PACKAGES

**10 X CLASS PACK - \$170**

**5 X CLASS PACK - \$90**

**CASUAL SESSION - \$20**

**1 Week Trial \$25**

## PAYMENT OPTIONS

\*Class Passes can be purchased via cash, square terminal.

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

# 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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