



BC ENRICHING
— Health —

BC ADOLESCENT
DEVELOPMENT

BC RUNCLUB

BC RECOVERY
— HOT + COLD —

PANANIA

GROUP TRAINING

PERSONAL TRAINING

TEENAGER PROGRAMS

INFRARED SAUNA

EXERCISE PHYSIOLOGY

NDIS PARTICIPANTS

HOME VISITS

DIETITIAN SERVICES

HYDROTHERAPY



EVERYTHING YOU NEED TO KNOW ABOUT BCHP IS INSIDE THIS BOOKLET!

MOVE AS ONE

WELCOME TO



PANANIA

BCHP specialises in Strength & Conditioning Training using functional strength equipment and experienced coaches in every session.

Our largest focus is to run a fantastic program that makes you fitter and stronger each week along with creating an incredible community that makes you feel welcomed in our space.

We have 3 styles of group programs that we run at BCHP.

You get the freedom to choose what you want to work on each week with a mix between Strength, Conditioning and Recovery.

ELEVATE: This program has a strength block to start and you finish with conditioning for the last 20-30 minutes. 'The best of both worlds'

LIFT (+ Power and Shape): This is our strength program that is programmed for either upper or lower body.

MAIN EVENT: This is our conditioning (or cardio or WOD) only program. 40 - 50 minutes of team or individual based training that will push you to your limits.

Our programs are designed for all ages and training abilities. We specialise in crafting quality programs for you in a group environment so you never miss out. Our coaches invest the time needed to get to know you and make sure you are always being educated on our program and your capabilities.

Personal Training, Exercise Physiology Sessions and NDIS Participant info inside.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM ELEVATE	5AM LIFT	5AM MAIN EVENT	5AM SHAPE	5AM ELEVATE		
6AM ELEVATE	6AM LIFT	6AM MAIN EVENT	5AM POWER	6AM ELEVATE		
7AM ELEVATE	7AM LIFT	7AM MAIN EVENT	6AM SHAPE		7:00AM MAIN EVENT	
			6AM POWER	7AM ELEVATE		
			7AM SHAPE			
			7AM POWER			
					8AM - 9AM OPEN GYM	8:00AM (CHALLENGES: CHECK YOUR APP)
9:15AM ELEVATE	9:15AM LIFT	9:15AM MAIN EVENT	9:15AM SHAPE	9:15AM ELEVATE		
4:00PM OPEN GYM		4:00PM OPEN GYM		4:00PM OPEN GYM		4:00PM OPEN GYM
		ADOLESCENT DEV. PROGRAM		ADOLESCENT DEV. PROGRAM		4:30 - 5:30PM OPEN GYM
5PM ELEVATE	5PM LIFT	5PM MAIN EVENT	5PM SHAPE			
			5PM POWER	5:00PM ELEVATE		
	6PM LIFT	6PM MAIN EVENT	6PM SHAPE	5:30PM (CHECK YOUR APP) MASTERCLASSES ARE RUN IN BLOCKS FROM TIME TO TIME		
			6PM POWER			
MONDAY - FRIDAY 5:15AM - 10:30AM 4:30PM - 7:30PM (CHECK APP)		SATURDAY 7:30AM AND 8:15AM ALL 45 MINUTE SLOTS				
INFRARED SAUNA TIMESLOTS						

CONDITIONING ONLY

STRENGTH ONLY

STRENGTH & CONDITIONING



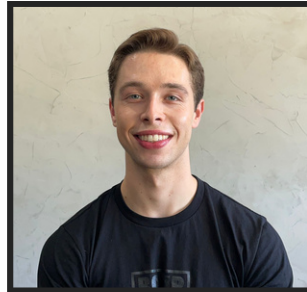
BEN LEGHISSA

Director



NIK PAZANIN

BCHP Trainer | Exercise
Physiologist | Personal
Trainer



ANTHONY KING

BCHP Trainer | Personal
Trainer | Boxing Coach



SAVANNAH-ROSE LIND

BCHP Trainer | Personal
Trainer



EMMANUEL EDWARDS

BCHP Trainer | Personal
Trainer

MEET THE TEAM



OUR MOST POPULAR MEMBERSHIP DETAILS

PRICING IS ON THE NEXT PAGE

\$299

28-Day Performance Pack - Our ultimate training package that we recommend our new members get started with. 28 days of training, Daily Planning journal, Accountability coaching, Nutrition book, Infrared Saunas + lots more. (See the final page for details)

Base membership - Unlimited Weekly Group Training and 1 Infrared Sauna each week (1 max class per day)

High School Students - You have the same access at a student rate

Sauna Only membership - 2 x 45 minute sauna sessions each week

Personal Training - options are available with access for members and non-members. All pricing includes open gym training and 1 infrared sauna each week.

Primary and High School Classes - Classes for Primary school and adolescents (13 - 17 years old) are run weekly in the afternoons from 4:00 - 5:00 pm. These programs are designed for developing bodies with a big focus on technique in strength movements and keeping exercises sport specific. These classes are lots of fun and above all safe for all participants.

*Teachers and Parents out there, BCHP runs school sport programs throughout the school week. Please get in contact if you would like BCHP to be an option for your school.

Your membership will be looked after electronically through an app called 'Gym Master'. If you haven't already, download the app from the App Store or Google Play to book into your desired classes for the week.

Please request to join our FB group!

Please request to join our Facebook Group 'BCHP Panania'.

Contact our team via email to make any changes to your membership: panania@bchpt.com.



Do you know someone that is living with a disability?

Contact us to find out more about how we are impacting NDIS participants that work alongside BCHP Panania and our health practitioners.



CLASS DESCRIPTIONS

Lift (+ Power and Lift) - Lift classes are designed to develop your strength and tone your muscles through Strength Training. We program all of our lift classes in 6-10 week blocks that give you a focus to work towards. Programming will always allow you to work at your own pace with coaches watching your every move.

Elevate - Elevate is broken up into 3 parts Warm-up, Strength and then Conditioning. A combination class that will kick off the session with several strength movements followed by a high energy sweat. Our 'best of both worlds' session and the foundation of what BCHP is all about.

Main Event - Our Main Event workouts hit every muscle in the body! We work on improving your power, fitness, and endurance as we test you with this style of program. The perfect way to boost your mood in this 1 hour sweat session.

Infrared Sauna - The perfect way to unwind from a big week or start your day in a relaxing way. This private experience is a 45 minute time slot that will give you 3 benefits: Relaxation, Detoxification and Recovery from training.

Open Gym - The gym is open and can be used. You can work through your own program or a session that you might have missed along side a BCHP coach.

OUR RANGE OF SERVICES

BCHP has a range of services that we offer to the broader community.

We absolutely love **Exercise Physiology, Personal training and Hydrotherapy in a 1:1 or small group environment.** BCHP has been working with self and plan managed NDIS clients for many years to provide a safe and supportive environment where our clients can work through any physical or mental challenges they face. Our desired outcome is to get our clients moving and educate on the importance of physical wellbeing.

Training for sporting teams of all ages is a great way to take these young athletes to the next level in their training, keep them dry when the fields are rained out or gym hire is available for teams that have their own S&C coaches.

School sport and fitness programs are on offer for all schools with structured programs designed for their year group. Our programs will get the most out of students training along the support that is needed to see improvement and build confidence.

Outside of the above, we host various community events as often as possible and we love getting involved in fundraising or charity events donating gifts every month.

If anything above sounds like it could be for you a community you are apart of, please send us an email at panania@bchpt.com and we will do our best to help!



PANANIA PRICE LIST

BCHP Trial
3 Group Sessions
1 Infrared Sauna
7 days to use!
~~\$19.00~~ \$9.00 (save \$10)
Just Scan the QR Code



MOVE AS ONE

GROUP TRAINING

Members

Base Membership: \$59 per week

This membership includes unlimited training and 1 Infrared Sauna each week

2 Weekday Sessions + Saturday: \$49 per week

This membership includes 2 group training sessions Monday - Friday, plus, Saturday mornings and open gym all week

Student Membership: \$44 per week

This membership gives the same access as the Base membership. High School students only

Upfront payments are available to purchase inside our facility

CASUAL TRAINING

Non-Members class

Casual: \$35

Upfront 10 Pack: \$300

Thursday Run Club: Free

All personal training memberships come with 1 Infrared Sauna each week and unlimited access to open gym classes.

PERSONAL TRAINING

1 on 1 PT

1 Hour PT: \$85

45 min PT: \$75

30 Min PT: \$65

1 on 2+ PT

1 hour : \$45 pp

45 min: \$40 pp

30 Min: \$35 pp

Upfront 10 Pack = 10% off

Personal Training prices lower to \$80 per hour for 2 or more sessions each week.

INFRARED SAUNA

Members

BCHP Base and Personal Training members can use 1 x 45 minute sauna each week with their membership

Non-Member

Casual Sauna (45min): \$35 one off

2 x P/W: \$35 weekly membership

Upfront 10 Pack: \$300

IMPORTANT INFORMATION

All of the above services come with ZERO lock in contracts and ZERO sign up fees. Changes can be made on your membership from 7 - 14 days and Personal Training changes can be made as fast as 48 hours notice.

NDIS Exercise Physiology and Hydrotherapy pricing is available inside our facility.

OUR EXTENDED COMMUNITY

COMPANIES WE WORK ALONGSIDE

Grams of Health is a Dietition-led, nutrition and cooking provider. We work closely with GoH and want you to enjoy the same experience. Ask in the gym for Grams of Health or Nikki Lancaster for more details.



Loose Kid - Australian owned and operated! LSKD offer high-quality functional sportswear with street aesthetics. Our teams are well equipped with LSKD so grab some gear and use **BCHPCREW15** for 15% off your next kit-out.

Designed and prepared by professional chefs, Food 4 Fitness makes eating healthy gym food easy and satisfying. Smash out your diet goals and use **BCHP20** to receive 20% off your first purchase!



Charles and the team at Touchpoint Chiropractic have partnered with us to support BCHP members with a free body/spinal screening (not including treatment) + \$50 initial treatment, cupping or needling!

Mitch and the team at Imove Physiotherapy have partnered with us to support BCHP members with a free run and/or movement screening + a \$50 initial treatment voucher!



The Running Company: The Shire
Todd and the Team at TRC have given all new BCHP members a free running assessment along with a \$50 gift voucher to use on any pair of shoes in the store!

Dan and the PIKKIO Team have your cheat meals covered with a \$40 dine in voucher for all new members. This Pizzeria is a traditional italian restaurant and it is great for a fun dinner with friends or family.



