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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.

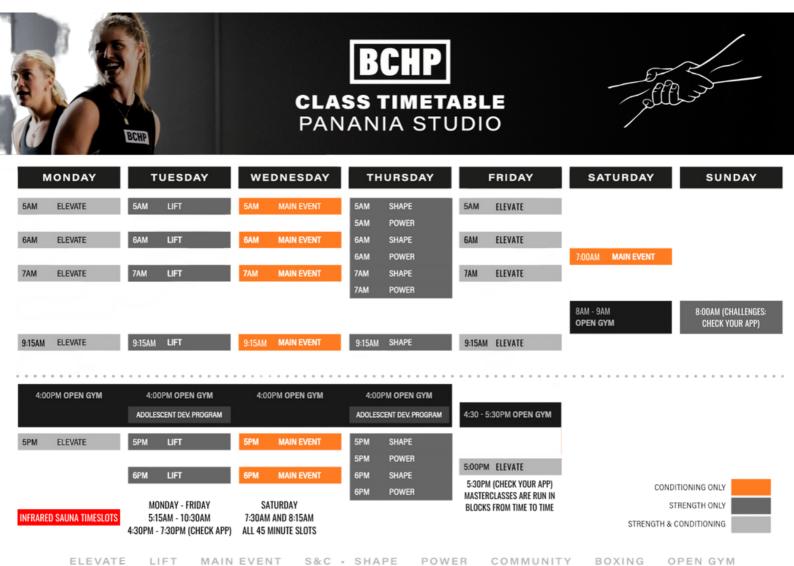
ELEVATE: This program has a strength block to start and you finish with conditioning for the last 20-30 minutes. 'The best of both worlds'

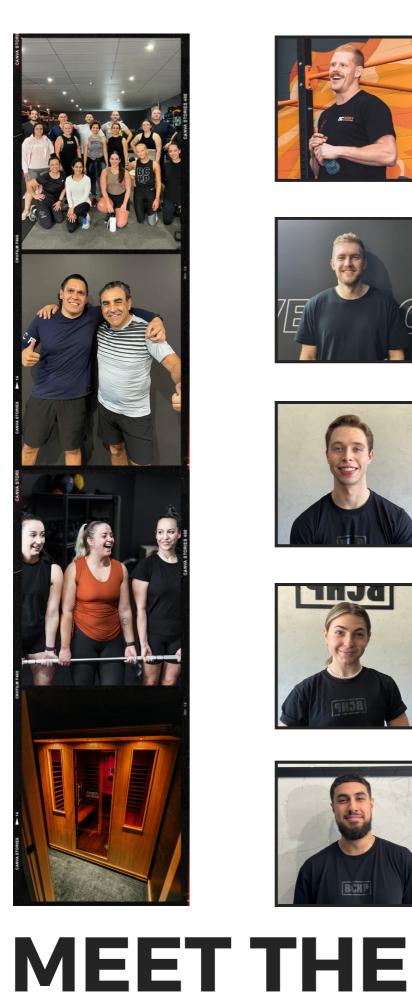
LIFT (+ Power and Shape): This is our strength program that is programmed for either upper or lower body.

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.





TEAM





NIK PAZANIN

BCHP Trainer | Exercise Physiologist | Personal Trainer



ANTHONY KING

BCHP Trainer | Personal Trainer | Boxing Coach



SAVANNAH-ROSE LIND **BCHP Trainer** | Personal Trainer



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EMMANUEL EDWARDS

BCHP Trainer | Personal Trainer

BCHP

- Health —

OUR MOST POPULAR MEMBERSHIP DETAILS PRICING IS ON THE NEXT PAGE

\$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 nonmembers. 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 <u>panania@bchpt.com</u> and we will do our best to help!







MOVE AS ONE

PANANIA PRICE

BCHP Trial

3 Group Sessions 1 Infrared Sauna 7 days to use!

\$19.00 \$9.00 (save \$10)

Just Scan the QR Code



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



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.



l on l PT	1 on 2+ PT
1 Hour PT: \$85	1 hour : \$45 pp
45 min PT: \$7 5	45 min: \$40 pp
30 Min PT: \$ 65	30 Min: \$35 pp
Upfront 10 Pa	ack = 10% off

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



Members

Non-Member

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









The below booklet is the BCHP holy grail when it comes to making a BIG change in a small amount of time. BCHP provides the booklet, a measuring device, an accountability coach and a 28-day nutrition book. This is the best investment to kickstart your training with BCHP.

The 6-Week Challenge Booklet

The 28-Day Challenge Booklet BCHP 6-WEEK CHALLENGE

THE FOOL-PROOF GUIDE THAT WILL GET YOU ON TRACK WITH ALL OF **YOUR HEALTH AND FITNESS ASPIRATIONS**

THIS IS A DAY-TO-DAY RULEBOOK THAT WILL PUSH YOU TO PERFORM AT YOUR BEST. BY UNDERTAKING THIS PROGRAM, YOU HAVE MADE A COMMITMENT TO IMPROVE YOUR HEALTH THROUGH STRENGTH, CONDITIONING, NUTRITION AND RECOVERY ALONGSIDE BCHP.



THIS IS A 28 DAY-TO-DAY RULEBOOK THAT WILL PUSH YOU TO PERFORM AT YOUR BEST. TO PERFORM AT YOUR BEST. BY UNDERTAKING THIS PROGRAM, YOU HAVE MADE A COMMITMENT TO IMPROVE YOUR HEALTH THROUGH STRENGTH, CONDITIONING, NUTRITION AND RECOVERY ALONGSIDE BCHP.



WEEKLY MEAL PLANNER EXAMPLE se use the PDF Nutrition plan your challenge, in your emails MONDAY: BREAKFAST TUESDAY: LUNCH WEDNESDAY: DINNER THURSDAY: BREAKFAST FRIDA SATURD





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WHAT TO EXPECT FROM YOUR COACHES

YOUR COACHES ON THE BCHP TEAM ARE LIKE NO OTHER! THEY ARE YOUR MOTIVATORS AT 5 IN THE MORNING, YOUR ACCOUNTABILITY COACHES WHEN MIDWEEN DOWS SET IN, THE PEOPLE THAT WILL KNOW WHEN YOU BEACH INTO THE FREEZER AFTER DINNER AND YOUR FEARLESS LIADERS WHEN YOU UNTER THE BATTLEFIELD (SYM FLOOR).

YOUR COACHES WILL BE CHECKING IN ON YOU THROUGHOUT YOUR PROGRAM AND SORTING OUT ALL OF THE EXTRACURRICULAR ACTIVITIES THAT YOU REQUEST. THEY WILL AUWAYS BE THERE TO CHAT, THROUGH THE AMAZING, THE NOTS GOOD, AND EVENTHING IN BEWEEN. BOCHT BE SHY, GETTO KNOW YOUR THESE GUTS AND GIRSS BECAUSE THEY WANT YOUR THESE GUTS AND GIRS

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