



WEEKLY MEMBERSHIPS

STUDIO MEMBERSHIP - FULL TIME

**MOST
POPULAR
\$50 p/wk**

- + 12 month commitment
- + Unlimited Studio Classes (20+ p/week!)
- + 30 min Intuitive Movement Intro w/ PT

STUDIO MEMBERSHIP - PART TIME

\$40 p/wk

- +12 month commitment
- + Two Studio Classes p/week
- + 30 min Intuitive Movement Intro w/ PT

OH MY GOODNESS! MEMBER BENEFITS:

- Access to our On Demand Movement Library: 100 + videos to choose from!
- Unlimited access to open gym: 6:30-10am Monday-Friday
- Intimate Personal Classes: max 16 ppl in all classes
- Invite into our super supportive private Facebook community
- Guided Meditations & Relaxation in all Bend & Stretch, Roll & Release and Yoga Classes
- Regular "Small Victories" Week : Technique & Functional Movement Assessments to help track your movement progress (without a scale!). Includes boxing/lifting technique
- Weekly Sunday Night Reminder Text: to help you to move intuitively & w/ self compassion
- Invite to our monthly events (both free & paid) e.g. Bend & Stretch + Bubbles, Breakfast Club, Sisterhood Sessions, Movement Mentors
- Regular check-ins from the SCS team
- Access to exclusive resources

STUDENT MEMBERSHIP

\$40 p/wk

Available only to clients with a current Student Card, Health Care Card or Pensioner card.

- + 12 month commitment
- + Unlimited Classes (20+ p/week!)
- + 30 min Intuitive Movement Intro w/ PT

4 MONTH MEMBERSHIP

\$60 p/wk

- + 4 month commitment
- + Unlimited Classes (20+ p/week!)

INTRO TRIAL

**14 days
for \$75**

- + Access to unlimited classes in 14 days (20+ p/week to choose from!) to dip your toe in & see if we are the right fit for you
- + Access to Open Gym: Mon-Fri 6:30am - 10am
- + Lots of support & guidance in class from our teachers

NEED TO KEEP IT CASUAL?

CASUAL PASS

\$25

- + One-off access to any class at the Self Care Sisterhood
- + Valid for 2 weeks from date of purchase

Personal Training Pricing

1 x PT session

\$95 p/wk

1 x PT session
+ unlimited group
classes

\$120 p/wk

2 x PT session
+ unlimited group
classes

\$199 p/wk

All sessions go for 50 mins in our private, female only studio.

All personal training requires a **6 month commitment** (24 weeks) and clients are required to commit to a regular weekly time slot, subject to availability of personal trainers. Prices include GST.

Personal Training is perfect for ladies who want that one-on-one support where they can experiment with movement & get guidance & support tailored for their body's needs & goals.

Personal Training Packages includes:

A 30 minute "Move for your mind Assessment"

Movement assessment - checking your posture, your mobility & movement patterns so we can see where you are needing support & write a program that fits those needs as well as your unique goals for 'Moving for your mind'.

We'll get clear on it together so we can work as a team towards your process based goal (which research tells us works better in the long term than outcome based goals. E.g. "I can do X three times a week" rather than "I will loose X kg")

Each personal training session will include:

- A warm up & cool down suitable for the workout you will be doing
- Lots of demonstrations, hands-on guidance & adjustments so you can master new moves with confidence & agency!
- A range of exercises with options for your body (think body weight, free weights, band work- so you can master "PRSL" or posture, range of motion, stability & load).

Each specially-designed program goes for 4-6 weeks over the 24 week period to help you progressively grow in strength, balance, agility & more!

Class Styles

All of our classes include options & alternative movements so that all bodies are given the support they deserve. This includes aids such as chairs, bands, and hands-on guidance from our teachers.

BEND & STRETCH

Join us as we guide you through a sequence of dynamic (moving) and static (holding) stretches, mobility training & fascial release (think foam rollers, trigger point balls). Fill up your self care cup as you build flexibility, protect against injury and correct your posture. This class leaves you feeling relaxed, calm & blissed out! We recommend a minimum of one B&S class for all Girl Gang members to ensure you recover well. Guided meditation included in each class with a focus on self compassion, body awareness, holding space for self & self care.

AGILE

Sweat mindfully with your girl gang! An all-body workout with a focus on core, glute and posture strengthening exercises. This includes building balance and better posture through band, floor work & free weights. We also incorporate a variety of HIIT (High intensity Interval Training) into our session to get your heart rate up.

STRONG

This class is designed to make you feel like Wonder Woman- strong & you know it! This class focuses on helping you conquer movement patterns that we use (& need to use safely!) in everyday life- such as the squat, deadlift, horizontal & vertical push & pull. We use free weights to build strong muscles as we guide you through with options for all bodies. We recommend coming to 2+ week if you are wanting to build strength.

YIN YOGA

Prepare to bliss out! Yin yoga is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time (from 45 seconds to five minutes) to allow for a great stretch - mentally and physically. Wonderful for recovery and tuning inwards!

FLOW YOGA

Enjoy a journey inwards and come home to yourself through mindful breathing, a variety of postures to stretch & strengthen you to be fully present in your body, and move with intention & self compassion.

PILATES

Pilates focuses on mind-body-muscle connection & helps you to move with intention and a careful breath. Have fun learning a system of exercises designed to improve physical strength, flexibility, and posture, and enhance mental awareness. Wonderful for core & glute strengthening and alignment of spine/posture.

ROLL & RELEASE

An express (45mins) bend and stretch class with a focus on myofascia release. We'll use tennis balls and foam rollers to release tight and sore areas of your body to support you in your movement. A great class if you're feeling sore after strong or agile!

DANCE PARTY

Shake off all the stress of the week at dance party - a jazz and hip hop fusion class lead by the lovely Rach Adams! Bring your attitude (and maybe a drink or two) and get ready to boogie!

Our Girl Gang Philosophy

She Moves for her Mind

First and foremost, Our big "why" is that we 'move' for our mental health first. This means that when our inner mean girl rears her ugly head, diet culture tells us fibs or when we are just feeling weighed down by mental health or chronic illness (or just life is hard!) we can remember our 'WHY' and help us re-set the reason behind why we do it!

The Wink Rule

If you ever feel overwhelmed/experiencing symptoms, we use the "big wink" so Chloe can discreetly support you during class. We use this rule to ensure your mental health is our priority & keeps The Self Care Sisterhood a mental healthy friendly space for you. Everyone knows this rule & so no one is made to feel singled out.

The Blanket Rule

If you ever need to stop, sit down, leave the room, grab a snack, go to the toilet at any time- that's OK! Everyone is aware of this rule so everyone feels safe. You are welcome to rest for as long as you need and rejoin the class when you're ready.

No Mean Girls

Here at the Self Care Sisterhood, we have made a very clear choice to build a #girlgang- where you are known, appreciated & valued. All our members know that we treat each other as we expect to be treated, that we never comment on another's body & that we have only one rule: No mean girls allowed (like, ever!). We have a zero tolerance policy on mean girl behaviour (put downs, body shaming, rudeness, etc), whether in class or at any of our social events.

Options for all Bodies

At the Self Care Sisterhood, we're all about providing options for all bodies. This means that no matter your physical ability or level of fitness, you can participate in our classes. Our trainers will provide you with options that work for YOUR body - and we have plenty of equipment in the studio to help support you to move for your mind! Modifying exercises so they are appropriate for your body and your ability level does not mean you are taking the easy way out. We're always here to support you to move and to cheer you on!

What to expect your first four weeks at The Self Care Sisterhood

- 1. To 'Move For My Mind' first :** We are a Body-positive female-only fitness studio that offers small group personal training, self care mentoring & meditation. We aim to look after your mental health first & your body too! We believe in moving for our minds first & that anything else is an added bonus! Sure muscle strength, speed & energy will be just some of the added bonuses- but we focus on helping you build life long habits not quick fixes.
- 2. To be challenged.** We practice a variety of skills and movements that take time to perfect. Don't be too tough on yourself when you don't instantly master an exercise or when you find yourself being challenged during a workout. This is normal, and we are here to support you 200% & encourage you to reach your own small victories!
- 3. To feel Safe:** in our female only environment & studio. No dudes allowed! We got sick of feeling uncomfortable in male-dominated gyms so we created our own female-only small group personal training facility. We are located in our own private space at 27 Lambton Rd, Broadmeadow.
- 4. To be given options:** We provide a specially written program to ensure all bodies are looked after. We provide alternatives & modifications in all workouts so no-one is left behind. We also have seats available for those who need them during the workout. We are a proudly 'Body Positive' fitness studio.
- 5. To look/feel/act differently:** You might notice you feel better mentally and your times/reps/weights have increased! Yes, your body might change! But most of all you will notice 'Moving for your mind first' works! (And helps takes the pressure off in a weight-loss, fad-diet obsessed world!)
- 6. To celebrate all your small victories :** We believe that fitness isn't just about the size of your jeans, but the quality of your mental health. We celebrate each others small victories trying new or hard things- in class & in life! Meet your new best friends with the amazing women apart of our girl gang!
- 7. To be apart of a real life Sisterhood!** Feel loved, supported, guided, encouraged as you share life with our girl gang- We know we've created something truly special. Our 'No mean girls' policy ensures you are always protected as part of our girl gang!

Frequently Asked Questions

Are you a female-only studio?

The Self Care Sisterhood was started as a female-only fitness studio as an alternative to intimidating, male-dominated gyms. Although we are still the 'Sisterhood', we want to emphasise that we are for anyone who identifies as she/her or they/them. A bunch of our members are part of the LGBTQIA+ community (including our founder and head PT, Chloe!) and we are a safe space for transgender and non-binary people. **We are for anyone who identifies as she/her or they/them**

How are you mental health/chronic illness friendly?

We have smaller classes than the average studio on purpose to ensure "overwhelm" is lower & you get the personal support you need. We also keep our music at a manageable level (no deafening sessions here!) We are aware some of our members find this triggering and wants to create the most accessible space for you!

Am I fit enough to come?

You are perfect just as you are! We provide boutique sized small group personal training to ensure all bodies are loved & looked after! I also provide options for ALL movements; including straps, blocks & chairs for support. If you are particularly nervous - book yourself in for a 1-on-1 session with our trainers & we can help you strengthen your movement skills so you feel confident to slip into class.

What if I have an injury?

That should be fine! Please let us know all about it (i.e. where? And how old is the injury?)

Depending on your needs & the injury I can help you find alternatives/options in class. However if currently injured, you will need a physio or doctor's letter of clearance to start class. We want to keep my clients moving safely, this ensures you do!

Alternatively, you can do a few 1-on-1 PT sessions before starting group classes. This is great for building your confidence and strengthening areas that need support so they can transition well into group classes.

What is your class session and personal training cancellation policy?

Our SCS studio is intimate and we keep our classes small (max 14-16 ppl) so we get a chance to focus on you individually in a fun social environment. Booking are highly recommended as classes do book out, so we require you to cancel your booking at a minimum of 3 hours before your class. Booking is easy and can done through our website or our Glofox app. If you are on a class pass & fail to cancel before your class this will be deducted from your total as if you had attended. Please be aware that by not cancelling out of your class session this may stop another #girlgang member from signing in!

Where do I park?

We have a shared car park in front of our studio or ample street front parking all day.

Can I pause my membership? How long for?

Yes indeed! If you know when you will be away please give us (2) two weeks written notice so we can arrange this for you in time. **Please email hello@theselfcaresisterhood.com with the dates you will be away.** Also please note that there is a maximum of 4 weeks pause per year & a minimum of (2) weeks must be taken each time. Please note that your notice is from the date you send your email notification to us (please no verbal or texts).

THE Self Care Sisterhood

CLASS TIMETABLE Commencing 29th November 2021

All classes are in the studio – in person.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM - 6:30-10am every weekday					
Strong 6am 45min	Agile 6:30am 35min	Strong 6am 45min	Agile 6:30am 35min	Strong 6am 45min	Strong 8am 45min
	Agile 9:30am 35min			Agile 7am 35min	Strong 9am 45min
Pilates 4:30pm 45min		Strong 4:30pm 45min			Roll & Release 10am 30min
Strong 5:30pm 45min	Agile 5:30pm 35min	Pilates 5:30pm 45min	Strong 5:30pm 45min		
Flow Yoga 6:30pm 60min	Strong (express) 6:15pm 30min	Yin Yoga 6:30pm 60min	Bend & Stretch 6:30pm 60min		