

How to Get Started

Beginners start at our class every day!

Call our office on 1300 788 550 and register for your 30 day FREE trial.

When you arrive you will be welcomed by our friendly Irontiger staff and Instructors. At your first lesson, you will fill in some basic details, so you might want to come a few minutes early. You will receive the latest information on class times, membership plans and how to get the best value for your money and time.

New people start training with us at every class, so it doesn't matter if you have not worked out for a while. You will soon find your own pace and level. We want your experience with us to be fun and as comfortable as possible.

Our instructors are taught to be interactive and pay particular attention to new people. We recommend comfortable work out gear for your 30 day FREE trial and don't forget to bring a bottle of water!

Starting is only one decision away!

We look forward to sharing our incredibly valuable programs and life experiences with you.