



BLACKBIRD

THE FULL EXPERIENCE



WELCOME TO BLACKBIRD

Blackbird Fitness is a new 2000 sqm all-encompassing premium health club offering you a holistic training experience within one convenient location.

Enjoy full access to specialised training areas, elite-standard equipment, luxury amenities, recovery facilities, ready-to-go nutrition, training accessories, supplements, accountability systems and progress tracking technology.

It is more than a workout. Our team and services have been put in place with the member's goals and success in mind.

CONTACT

Phone: (08) 7226 9153

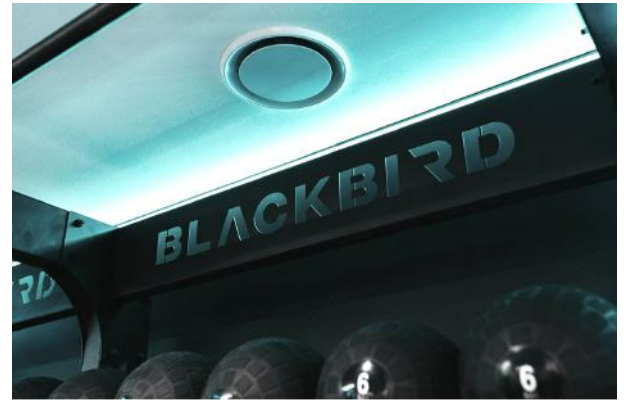
Email: admin@blackbirdfitness.com.au

Website: www.blackbirdfitness.com.au

Address: Shop MM4, 200-220 Commercial Road,
Port Adelaide 5015



Located on Level 1 of the
Port Adelaide Plaza
Shopping Centre





THE ORIGIN



After identifying a growing gap within the health and fitness industry, Blackbird founders David and Jonathon set out on a mission to restore an identity and importance to the individual's health and fitness journey.

This meant thinking outside of the usual 'gym' options and creating a holistic health and fitness journey dedicated to each individual. The endeavor began then to provide the member an experience to diversify their own health and fitness journey in one location.

“ *We focused on the experiences the member wants to have. Our members are part of the value creation process of their own 'full experience'.*

David Norton (co-founder)

Service, accessibility and inclusiveness were the growth pillars in which the Blackbird concept grew. Creating a unique experience for all members was a key focus achieved by our all access model.

All Access . One Membership

'A single membership which offers full access to all members to different training disciplines, styles, areas and services'.

“ *Service to our members is at the heart of everything we do. Our approach to constantly improving the member experience is at the forefront of every decision we make.*

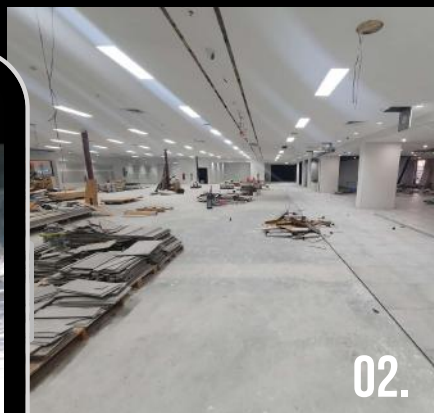
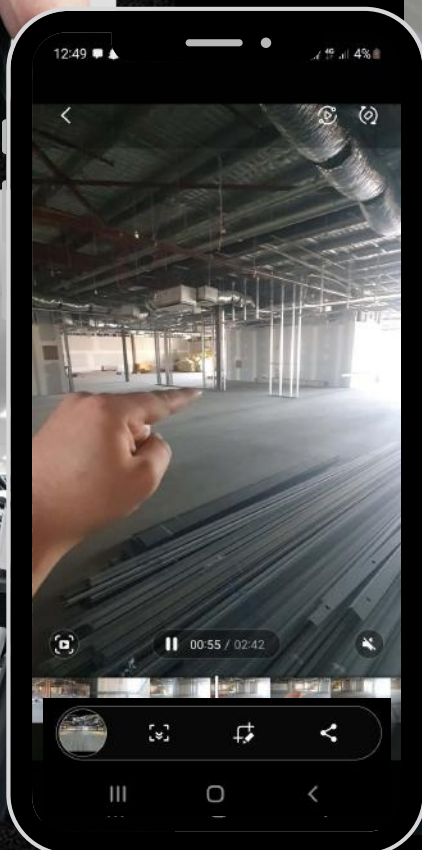
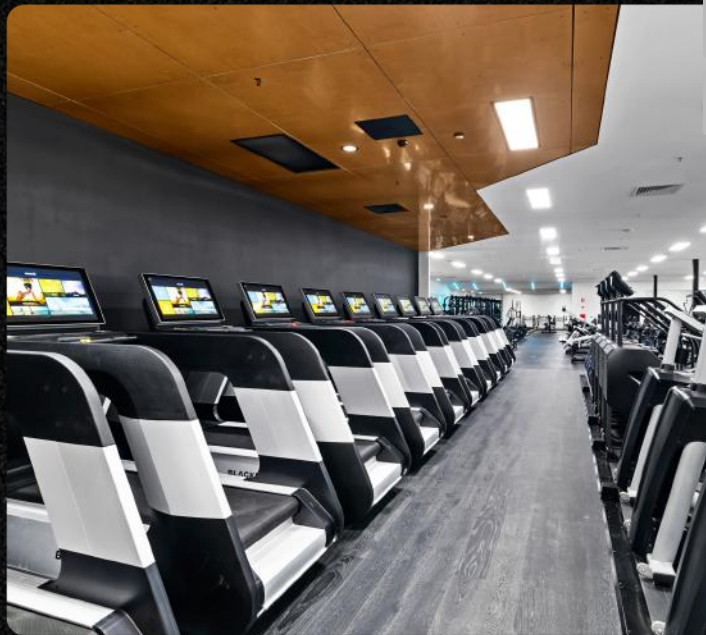
Jonathon Abbas (co-founder)



DESIGN PRINCIPLES.

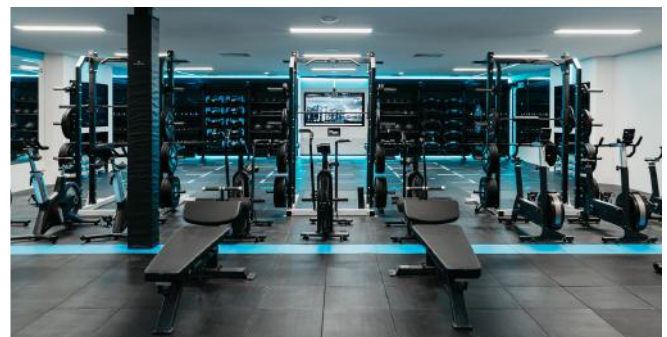
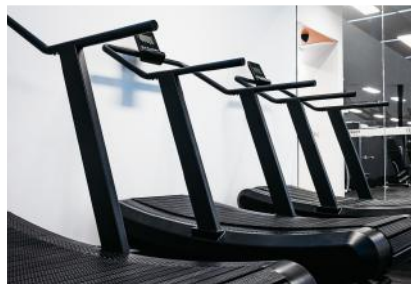
- ACCESSIBILITY
- INCLUSIVENESS
- MEMBER ENGAGEMENT
- PERFORMANCE DESIGN
- PRESTINE SPACES
- INTEGRATION

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13 A
'An unparalled training facility designed to test your limits and push your imagination'



THE FACILITY

- Spacious fitness floor of 2000 sqm with dedicated cardio, weight training, group fitness and martial arts areas to maximise your potential.
- Expert trainers, top-tier fitness programs and accountability technology. Follow your workouts with real-time tracking software as you sweat.
- Train with the best range of equipment along with state-of-the-art lighting and audio systems to energise your performance.
- Take time to regenerate and recover faster with infrared and steam sauna treatment, recovery services and products.





THE FULL EXPERIENCE

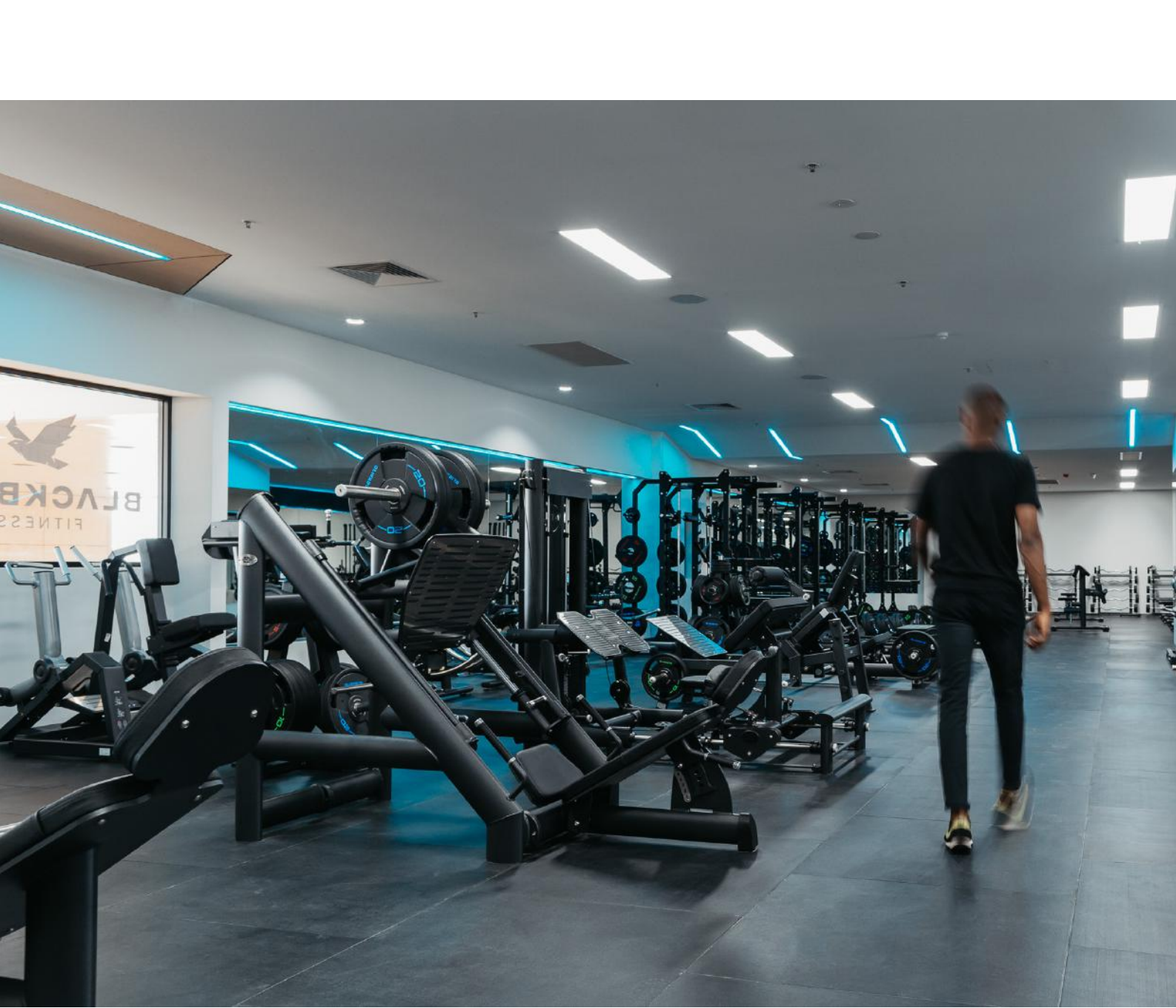


Train world-class with **Blackbird Fitness**. Push your pace with **Your Zone**. Pack a punch with **Ryse Martial Arts**. Recovery well with **Pulse Recovery**. Fuel up with **Nutrition Kitchen**.

Blackbird is designed to ensure your membership gives you the knowledge, experience and execution to take your training to the next level.

We believe you should get the opportunity to find the routine that works for you and keeps you consistent. Whether this looks like mixing in functional HIIT, mobility, yoga and strength classes with boxing & Muay Thai technique sessions, accompanied by specialty weight and cardiovascular training and finishing with infrared and steam sauna recovery; you will get the full experience with your membership.





BLACKBERRY
FITNESS

YOUR ZONE AREA



// FIND YOUR SQUAD

Connect with friends and make new ones in a dedicated group training environment. Motivate each other with every move.

// MEET YOUR GOALS

Expert instructors and top-tier fitness programs showcased on multiple digital displays throughout the space designed to keep you moving.

// MAKE WORKOUTS COUNT

We've levelled the playing field with full access to HIIT, strength, functional and mobility guided programs with tracking software available rewarding real effort in real time.

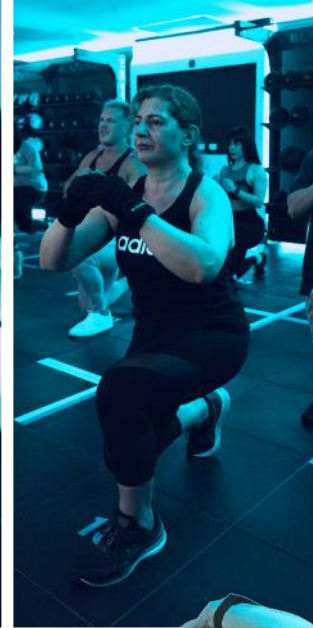
INTEGRATED WITH RESULT TRACKING TECHNOLOGY



See your heart rate live
on our screens



Track your progress live
from your phone





RYSE MARTIAL ARTS AREA



// UP YOUR ENERGY

Equipped with state-of-the-art lighting and sound systems. Sweat, burn and shred to the beats while packing a punch with our innovative MMAFIT guided workouts.

// TRAIN YOUR WAY

Individual access to our dedicated martial arts training facility, private skill sessions, Muay Thai and boxing classes and group strength & conditioning workouts. Complete the experience with a competition MMA octagon, twelve premium boxing bags, martial arts training aids and open matted areas.

// BODY AND MIND

Classes and workouts designed with both beginners and experts in mind. Rise up with the cardio and muscular benefits martial arts training has to offer while furthering your skillset and confidence.



Available in Stage 2



Available in Stage 2





INFRARED & STEAM SAUNAS

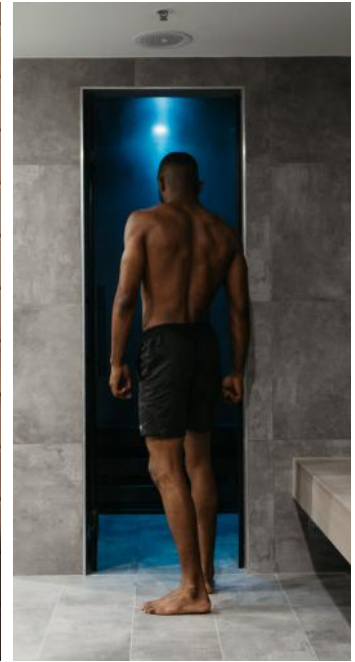


// TURN UP THE HEAT

De-stress in one of our 8 saunas and elevate your overall health and well-being by detoxifying your body, improving blood circulation and promoting self-healing, rejuvenation, and mental balance.

// RECOVER FASTER

Regenerate in your time with 24/7 access to infrared saunas. Calm your mind while raising your body temperature and treat your body to the numerous health benefits from regular sauna sessions while working around your goals and schedule.





TRAINING MADE PERSONAL

You and your dedicated personal trainer will create a plan that's tailored to suit your goals.

Together, you'll unlock the results you want with access to our private consultation room equipped with body composition scanning and workout libraries.

Participate in guided workouts and performance tracking structured around your custom plan. Choose to combine data from your assessments and track the progress of your plan to ensure you'll keep getting the results you want.

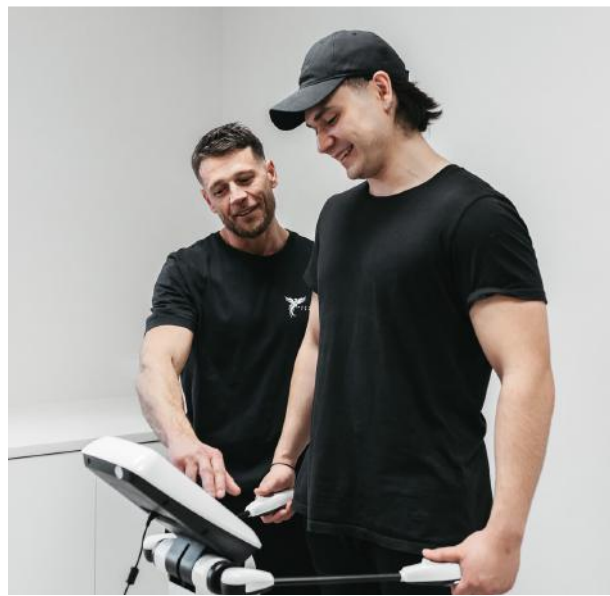


REAL METRICS LEAD TO REAL RESULTS



Book in for regular scans and see your results in real-time reports

Assess and adjust your routine and goals





TREATMENT & ADDITIONAL SERVICES

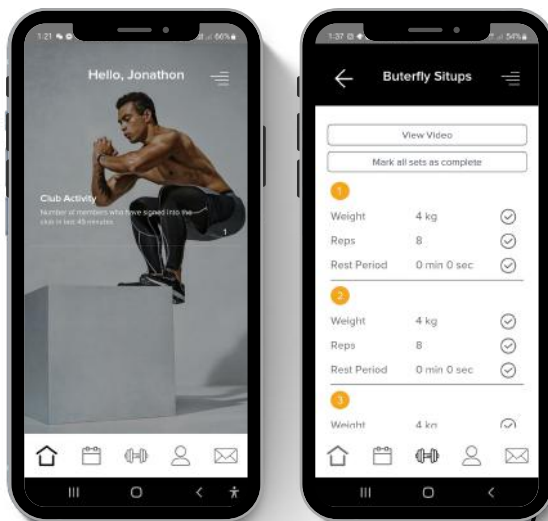
Access our recovery hub and remedial services. This is your place to unwind, rejuvenate and recover to ensure the rehabilitation of current injuries and prevention of future ones.

Our wellness retreat provides expertise in biohacking and wellness treatments to boost your performance, speed up recovery and improve your wellbeing within our private and professional Pulse Recovery area.

THE BLACKBIRD APP+

Run your routine with your own specialised app account.

- Book in Your Zone classes
- Book in Fun Zone creche sessions
- Book in 1 on 1 personal training
- Open the access doors remotely
- See your membership subscription
- Stay up to date with Blackbird



NUTRITION X RECOVERY X BUTTERFLY SITUPS X REHABILITATION X PREVENTION X WELLNESS





THE COMMUNITY

We understand that every member is unique. Regardless of ability or age, anybody can achieve life changing results. We also understand that this is done best together.

Our community is built around our philosophy to empower members to succeed and cultivate opportunities for growth. It's more than just a place to work out. It's a lifestyle; a home away from home for our members to enjoy, thrive and connect with the people in it.

CONNECT WITH US

Join the community and stay up to date with all updates and promotional offers.

- ▶ Enter exclusive social membership giveaways
- ▶ Stay up to date with club events and challenges
- ▶ Connect with the team and community



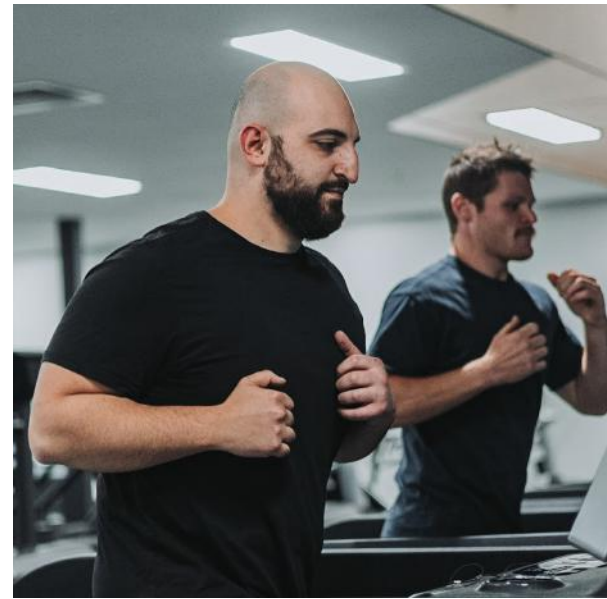
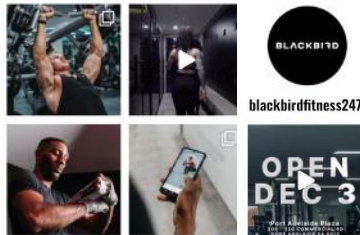
facebook.com/blackbirdfitness247/

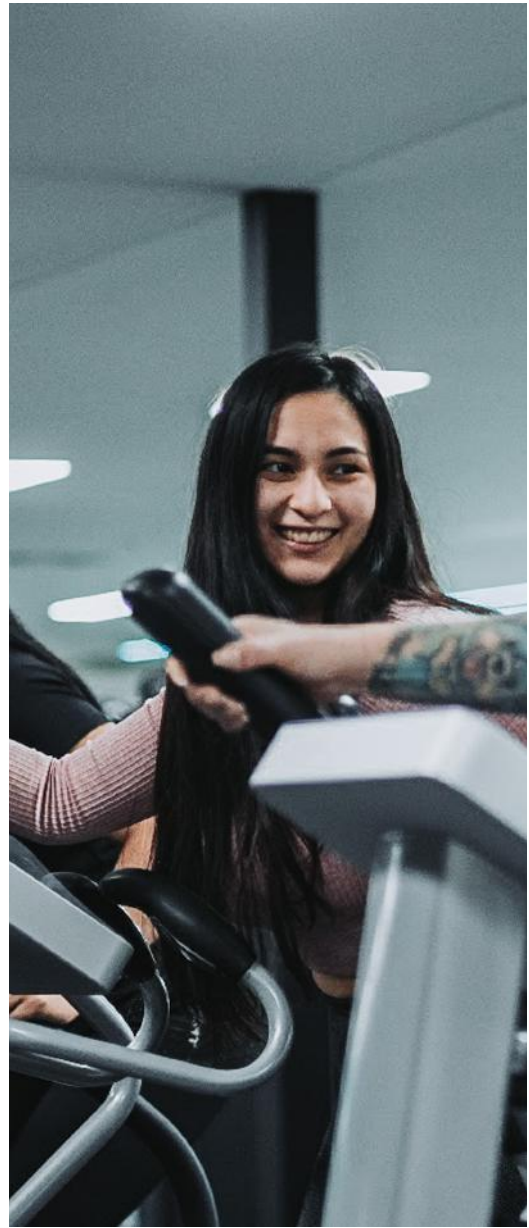


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tiktok.com/@blackbirdfitness





THE FULL EXPERIENCE

ALL ACCESS • ONE MEMBERSHIP



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