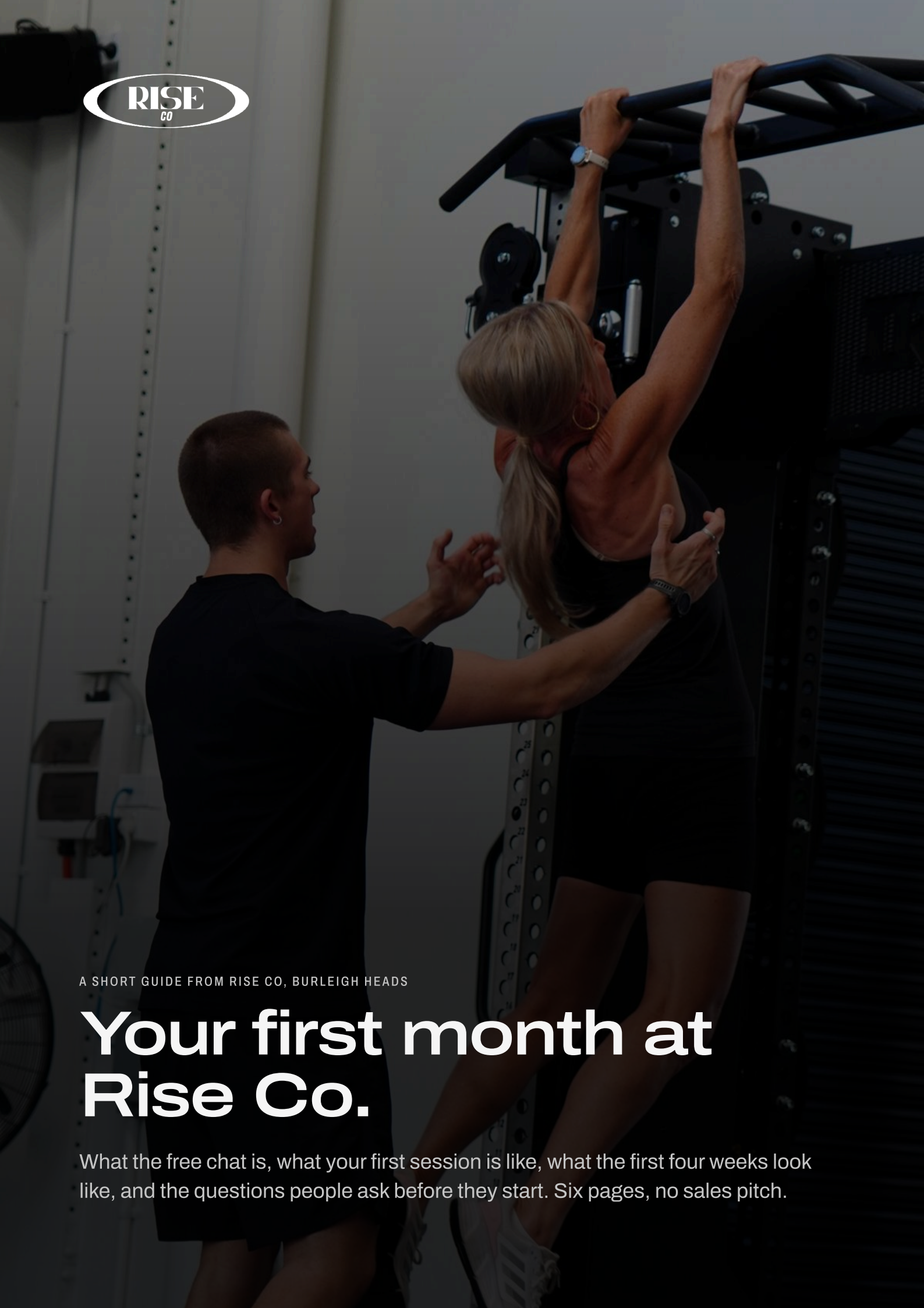


A SHORT GUIDE FROM RISE CO, BURLEIGH HEADS

Your first month at Rise Co.

What the free chat is, what your first session is like, what the first four weeks look like, and the questions people ask before they start. Six pages, no sales pitch.

BEFORE ANYTHING ELSE

A chat, not a workout.

Every plan at Rise Co starts the same way: thirty minutes in the studio with a coach, talking. You do not train, you do not sign anything, and nobody tries to close you on the day.

We talk about where you are now, what you want to change, what you have tried before and why it stopped, and what your week actually looks like. The coach tells you honestly which of the three ways to train here suits you (personal training, group classes, reformer Pilates, or a mix), what it costs, and what the first month would look like. Then you go home and decide.

Bring

Nothing to wear. You will not be training. Come from work if you like.

Any injuries or health things you want us to know. We ask properly, in private, through the app before your first session, not on a clipboard in the doorway.

One honest answer to "what would make this worth it in three months?"

Where and when

49 Leda Dr, Burleigh Heads, a few minutes from the highway, with reserved parking on site. Monday to Saturday, 5am to 7pm. You pick the time online and it goes straight into a coach's diary; the confirmation email has the directions.

Book the chat

go.riseco-studio.com/book, or call 0450 792 069.

Your coach finds out how you move.

The first session is not a test and it is not meant to leave you broken. It is the baseline the whole first month is built on.



What happens

A proper warm up, and your coach watching how you squat, hinge, push and pull with light loads.

A few numbers written down. Weights you can handle well, a measurement or two if you want them, your step count from your watch if you wear one.

Your goal set in the app, in your words, with a date you both agree is realistic.

Your program written for you, from that session, not from a template.

What it feels like

Busy but not brutal. Most people leave saying it was easier than they feared and more specific than they expected. If you are coming back from a long break, an injury or a baby, the first session is where we work out what to leave out, not just what to put in.

The app

Before you arrive you get a text with a link to the Rise Co Studio app. Two minutes in there covers the health questions and a short agreement. After the session, your program, your habits, your coach's chat and your check-ins all live in it.

WEEKS ONE TO FOUR

What the first month actually looks like.

One coach, a program built for you, and a rhythm that gets easier to keep each week. Here is a typical first month for someone training twice a week.

WEEK 1	Two sessions with your coach, learning the movements in your program with loads you can own. One habit set in the app, small enough to keep. Your coach checks in on Friday to see how the week went.
WEEK 2	Same program, a little heavier where last week was clean. If you are on classes, your first Power or Conditioning class this week, with a coach on the floor who knows you from your sessions. First look at food if you want it: your own calorie and protein numbers, not a diet.
WEEK 3	The week life gets in the way for most people. A missed session gets rescheduled inside the week, not written off. Your coach adjusts the plan to the week you actually had.
WEEK 4	A quick re-check of the numbers from the first session. Most people see the first lifts move here. Your coach writes the next block from what the four weeks showed, so week five is not week one again.

The rhythm

Monday your sessions are in the app. Friday your coach reads your week. Sunday a two minute check-in. Messages answered within 24 hours, Monday to Saturday. Your program is rebuilt every 6 to 8 weeks from what actually happened.

THREE WAYS TO TRAIN HERE

Which one is you.

Personal training

One on one or two of you together, 30 or 60 minutes, the same coach every week. For a specific goal, something to work around, or a long time away from training. Nutrition coaching can be added, with your own numbers and a weekly check-in.

Group classes

Power, Conditioning, Functional Fitness and Stretch and Roll, early mornings and after work, capped so the coach can coach. Every movement has an easier and a harder version. A weekly membership with no minimum term.

Reformer Pilates

Five reformers in our own room, an instructor who can see every one of them, 50 minutes. Sweat, Strength, Flow, Sculpt, Stretch and Mobility, and Mums and Bubs. You do not need to be flexible or experienced to start. Sold in packs: an intro pack, then packs of five and ten.



Plenty of members do two of the three. The chat exists to help you choose, and you can change your mind in the first month without starting over.

BEFORE YOU BOOK

The questions people ask.

I have not trained in years. Is that a problem? No. Plenty of people walk in after years away, or having never trained. The first sessions are built around where you actually are.

Will I be sore? A bit, in week one. Your coach keeps the first block deliberately on the easy side of hard so you come back for week two.

What does it cost? Group class and Pilates prices are on the booking page. Personal training depends on length and whether you train alone or as a pair, and we go through it in the chat, in person. Nothing is signed on the day.

How does paying work? Weekly, on a Tuesday. Group classes have no minimum term. Pilates packs have a use-by shown when you buy. Every membership has a 48 hour cooling off.

What if I can not make a session? Move it inside the week through the app or a text. Credits for sessions you cannot make are explained in your terms.

Who are the coaches? Charlie and Misha own the studio and coach. Eva and Toby coach personal training and the early classes. Maddie runs the reformer room. Rise Co is family run and open since July 2025.

Can I just come and look? Yes. That is what the chat is.

Book a free chat

go.riseco-studio.com/book or call 0450 792 069. Monday to Saturday, 5am to 7pm. 49 Leda Dr, Burleigh Heads. Strength. Community. Growth.