

A background image showing a man in a dark suit and white shirt with a surprised expression, looking directly at the camera. In the background, other people are visible, including a man with a beard in a black tank top. There are also some bottles on a table in the foreground.

THE GYM - COURSE NOTES

THE GYM is an annual membership that helps acting professionals or recently trained actors maintain their acting 'fitness' to achieve and keep that competitive edge, ready for your next job.

Members of The GYM access the following training and development opportunities:

- **Script work classes**
- **Acting fundamentals classes**
- **Two one on one brand development consultations per year**
- **Performance opportunities**
- **Subscription to Lab performances**
- **Access to rehearsal space**
- **Support with screen tests**
- **Directorial and written rehearsal support**
- **Support with external submissions**
- **Engagement with The Actors' Hub community, coaches, students and events**
- **In-class monthly discussion group**
- **Network building opportunities (priceless!)**

The GYM helps actors achieve their potential by:

- **Access to ongoing support in the industry**
- **Developing new levels of confidence in your craft and your self**
- **Developing a professional process into performance**
- **Opening up opportunities for auditions and paid work**
- **Improving how you sell yourself**
- **Learning techniques for addressing fear and own resistance**
- **Step by step process for creating clear and measurable acting goals**
- **Constantly exploring creativity, helping actors become more relaxed**
- **Increased exposure to working professionals**
- **Developing increased levels of confidence**

Be more determined to achieve the career you dream for!