

CRUNCH TIMETABLE - OCT 2021 V4


BOOK CLASSES VIA THE GYM MASTER APP/ ONLINE UP TO 3 DAYS PRIOR

TIME	MONDAY OPEN 6am	TUESDAY OPEN 6am	WEDNESDAY OPEN 6am	THURSDAY OPEN 6am	FRIDAY OPEN 6am	SATURDAY OPEN 7am	SUNDAY OPEN 7am
6am – 6.45pm	BODYSHAPE Annette + LIVE STREAM	CARDIO & CORE Annette + LIVE STREAM	CYCLE Annette	PILATES Annette + LIVE-STREAM	BODY FIRM Deb	OUTDOOR RUN CLUB	
7am – 7.45am	CYCLE Annette	BODYFIRM Deb	BODYFIRM Cat 7.45am RIG Nick 45mins	CYCLE Annette	HIIT Cat + LIVE STREAM	BODYFIRM Nick 7.30 RIG (45) Jlenia	INDOOR BOOTCAMP Nick
8am – 8.45am		XPRESS HIIT 30 Mins Deb			8.15am RIG 30mins Annette	CYCLE Mary 8.30 RIG (45) Jlenia	CYCLE Mary
9am – 9.45am	BODYSHAPE Nick 9.30 RIG (45) Josh	CYCLE Deb	BODYFIRM Nick	BODYFIRM Deb	BODYSHAPE Annette + LIVE-STREAM	BODYFIRM Nick 9.30 RIG (45) Josh	BODYFIRM Nick
10am – 10.45am	BODYFIRM Nick	PILATES Deb + LIVE STREAM	ZUMBA Jlenia	ABS & BUTTS Deb + LIVE-STREAM	SLOW FLOW VINYASA YOGA Annette +LIVE STREAM	PILATES Deb +LIVE STREAM	
11am – 11.45am	PILATES Lindsey + LIVE-STREAM	ZUMBA Simone	PILATES Lindsey + LIVE-STREAM	PILATES Michelle + LIVE-STREAM	ZUMBA Diego + LIVE STREAM	PILATES Deb	
12 – 12.45pm				ZUMBA GOLD Lauryn		ZUMBA Barbara	
1.15pm -2pm	YOUNG AT HEART Annette + LIVE STREAM		YOUNG AT HEART Robbie		YOUNG AT HEART Robbie		
2pm – 2.45pm	RECORDED CLASSES IN GROUP FITNESS STUDIO						
3pm – 3.45pm	IF OUR GROUP FITNESS STUDIO IS EMPTY, YOU CAN REQUEST THAT WE PLAY ANY RECORDED CLASS ON OUR LARGE TV. WE HAVE: YOGA, PILATES, BODYFIRM, CYCLE, ABS & BUTTS, HIIT, YOUNG @ HEARTS					YOGA Annette + LIVE STREAM	YIN- YOGA Amanda
4pm – 4.45pm							
5pm- 5.45pm	PILATES Lindsey + LIVE STREAM	ZUMBA Aki	BODYFIRM Michelle	PILATES Deb + LIVE STREAM			
6pm – 6.45pm	BODYFIRM Nick	HIIT Josh	PILATES Deb + LIVE STREAM	ZUMBA Jean + LIVE STREAM	SLOW-FLOW VINYASA YOGA 5.30pm Annette + LIVE STREAM		
7pm – 7.45pm	ZUMBA Barbara + LIVE STREAM	VINYASA FLOW YOGA Kate	COMBAT Michelle + LIVE STREAM	ABS & BUTTS Gabi + LIVE STREAM			
	CLOSE 9pm	CLOSE 9pm	CLOSE 9pm	CLOSE 9pm	CLOSE 8pm	CLOSE 6pm	CLOSE 4pm

Bring a towel to the gym on every visit. Be set-up and ready to begin your class on time – NO ENTRY once class has started!
Classes & Instructors may change due to unforeseen circumstances.
Beginners welcome to all classes! Please let instructor know if you are new to the class or have any injuries or conditions which may need to be monitored.

Contact Details - 9518 1588 info@crunchfitness.com.au www.crunchfitness.com.au Basement Level MarketPlace Leichhardt	Mon – Thurs Friday Saturday Sunday	6am – 9pm 6am – 8pm 7am – 6pm 7am – 4pm	Creche Monday - Saturday	Hours 8.50am – 12pm
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FUNCTIONAL STRENGTH WORKOUTS

HIGH INTENSITY INTERVAL TRAINING (HIIT) 30 & 45 MINS	A training technique where you exercise above 80% of your Maximum Heart Rate, through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more calories.
RIG 30 & 45 MINS	An interval-training style of fitness session that will challenge your strength, stamina and core! With modifications available for all fitness levels, injuries, strengths and abilities, The RIG is designed to test your limits in order to achieve max results.
CARDIO CLASSES	
CYCLE 45 MINS	Challenging power riding choreographed to music (flat road / uphill / sprints / tabata interval training) increasing your endurance, core strength & fitness levels. Walk out feeling pumped with a sense of achievement.
ZUMBA 45 MINS	Ready to party! Get into great shape. Enjoy this fun Latin inspired calorie burning dance class. Workout to energizing rhythms & beats. This easy-to-follow class will have you forgetting that you're even at the gym!
RAW RUNNERS & WALKERS	Enjoy a 60 min run/walk outside exploring different parts of Sydney. Runners clock approx 6-10kms as they double back to meet the walkers. No better way to start the weekend! Look for the map on Facebook each Thursday!
STRENGTH & TONE	
ABS + BUTTS 45 MINS	A low impact class. Suits all levels. Highly effective abs and glutes performance training. Strengthen, tone, sculpt and build glute muscles. Improve overall fitness. You'll gain a flatter and more defined stomach, while strengthening your core.
BODYFIRM 45 MINS	A non-impact class using barbells, light weights and repetition. A great all over toning workout for all ages and fitness levels. Choreographed to music using functional traditional strength training.
BODYSHAPE 45 MINS	A full-body session that targets all of the major muscle groups, designed to firm up and tone the body, with much focus on our core, using a variety of equipment – weights, barbells, steps and core balls. Combine strength and movement exercises to produce muscle, burn fat and increase your metabolism to help maintain a healthy body weight. This class is great for ALL levels of fitness and will leave you feeling energized and your whole body aching for more!!!
YOUNG AT HEART 45 MINS	Designed for our more mature ladies who want to have fun, feel energised, increase strength, balance & flexibility by using light upper and lower body weights. Suitable for all levels of fitness & mobility. This class is not choreographed to music. \$10 per class for non- members (over 55).
STRENGTH & CARDIO	
INDOOR BOOTCAMP	An fun and challenging interval training session that mixes calisthenics and body weight exercises with cardio and strength training. These sessions are designed to push you harder than you would push yourself. A full-body workout.
COMBAT	Punch and kick your way to strengthen your lower / upper body with this high-energy martial arts inspired workout. Non-contact and no complex moves to master. Challenge yourself by increasing intensity with each round. You'll release stress, have a blast and feel like Rocky Balboa!
CARDIO & CORE	An invigorating cardio & weight training class with challenging workouts to condition & strengthen your whole body. A fun & interactive class where you can feel the calories burning off. Each instructor brings a different style & training session.
X - TRAINING	High intensity workout, strength & conditioning exercises that make you work at high levels. This class will keep your body working after you have stopped. Perfect alternative for the traditional floor training at the gym.
MIND & BODY	
PILATES	Focus on postural alignment, activating the core muscles, Pilates will strengthen, tone and connect the body through breath and movement. This class must be included in your weekly workout & movements are adapted to suit all levels.
VINYASA FLOW YOGA	Combines the breath and movement with a clear explanation of the benefits of poses, a focus on alignment, balance and breathing with verbal adjustments and guidance in meditation and relaxation techniques. This practice offers a welcoming and comfortable environment to modify and enhance each pose, based on individual needs, while enabling a thorough understanding of the important concepts of Yoga. Open to all levels.
YIN & YANG YOGA	YIN YANG YOGA blends two styles of yoga into one practice – bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures. It works on the deep, dense (Yin) connective tissues and joints in the body. Yang Yoga, in contrast, refers to a more active practice.
SLOW FLOW VINYASA YOGA	A meditative form of Vinyasa Yoga, slow & steady in its intensity. Flow through intelligent, creative sequencing that inspire playful curiosity while maintaining an awareness of the breath and a focus on alignment. This mindful flow will challenge you physically & mentally, allowing you to walk away feeling stronger, energised, balanced & light. Open to all levels
YOGA YIN RESTORATIVE	Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing. 1st Sat of every month 3pm Class (75 mins)