

CLASSES MAY BE BOOKED VIA THE GYM MASTER APP 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	DUMBBELL AERO BOX Annette	CARDIO & CORE Annette + ZOOM	CYCLE Annette	CYCLE Annette	BODY FIRM Deb	OUTDOOR RUN CLUB	
7am – 7.45am	CYCLE Annette	BODY FIRM Deb	BODY FIRM Cat	CYCLE Annette	HIIT Josh + ZOOM	BODY FIRM Nick 7.30 RIG (45) Jlenia	BODY FIRM Nick
8am – 8.45am	Functional Core 30mins Annette 8am	XPRESS HIIT 30 Mins Deb	7.45am + 8.30am RIG 30 Mins Nick	Recorded ABS & BUTTS	8.15am Functional Core 30mins Annette	CYCLE Mary 8.30 RIG (45) Jlenia	CYCLE Mary
9am – 9.45am	ABS & BUTTS Annie+ZOOM 9.30 RIG (45) Josh	CYCLE Deb	BODY FIRM Nick	BODY FIRM Deb	BODY FIRM FREESTYLE Annette + ZOOM	BODY FIRM Nick 9.30 RIG (45) Michelle	YOGA Aime + ZOOM
10am – 10.45am	BODY FIRM Annie + ZOOM	PILATES Deb + ZOOM	HIIT Michelle	ABS & BUTTS Deb + ZOOM	YOGA Annette + ZOOM	PILATES Deb + ZOOM	BODY FIRM Nick
11am – 11.45am	PILATES Lindsey + ZOOM	HIIT Michelle	PILATES Lindsey + ZOOM	PILATES Michelle + ZOOM	ZUMBA Jlenia	PILATES Deb	PILATES Felicia
12 – 12.45pm	Recorded BODY FIRM	ZUMBA Claudio	VINYASA YOGA Alana + ZOOM		12.15pm YOUNG AT HEART Robbie	ZUMBA Barbara	Recorded CYCLE
1.15pm – 2pm	YOUNG AT HEART Annette + ZOOM	Recorded YOUNG AT HEART	YOUNG AT HEART Robbie	Recorded YOUNG AT HEART	YOUNG AT HEART Robbie	Recorded CYCLE	1pm Recorded BODY FIRM
2pm – 2.45pm	2.15pm Recorded CYCLE	Recorded ABS + BUTTS	Recorded BODY FIRM	Recorded YOGA	Recorded HIIT	Recorded BODY FIRM	Recorded ABS + BUTTS
3pm – 3.45pm	Recorded BODY FIRM	Recorded BODY FIRM	Recorded ABS + BUTTS	Recorded CYCLE	Recorded BODY FIRM	YOGA Annette + ZOOM	YOGA Natalie
4pm – 4.45pm	Recorded ABS & BUTTS	Recorded CYCLE	Recorded CYCLE	Recorded BODY FIRM	Recorded CYCLE		
5pm – 5.45pm	PILATES Lindsey + ZOOM	ZUMBA Aki	BODY FIRM Michelle	PILATES Deb + ZOOM			
6pm – 6.45pm	BODY FIRM Kristy	HIIT Josh + ZOOM	PILATES Deb + ZOOM	ZUMBA Jean	5.30pm YOGA Annette + ZOOM		
7pm – 7.45pm	ZUMBA Barbara	YOGA Kate	HIIT Michelle + ZOOM	ABS & BUTTS Kristy + ZOOM			
	CLOSE 9pm	CLOSE 9pm	CLOSE 9pm	CLOSE 9pm	CLOSE 8pm	CLOSE 6pm	CLOSE 4pm

<b>Contact Details - 9518 1588</b> <a href="mailto:info@crunchfitness.com.au">info@crunchfitness.com.au</a> <a href="http://www.crunchfitness.com.au">www.crunchfitness.com.au</a> Basement Level MarketPlace Leichhardt	<b>Gym Hours</b> Mon – Thurs Friday Saturday Sunday	<b>Hours</b> 6am – 9pm 6am – 8pm 7am – 6pm 7am – 4pm	<b>Creche</b> Monday - Saturday	<b>Hours</b> 8.50am – 12pm
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Bring a towel to the gym on every visit. Be set-up and ready to begin class on time – no entry once class has started.  
Classes & Instructors may change due to unforeseen circumstances.

## FUNCTIONAL STRENGTH WORKOUTS

<b>FUNCTIONAL CORE FC30</b>	This 30 min class is about power, strength and stabilization using a range of full-body exercises using different equipment and surfaces to increase the instability of movement. Challenging your core will improve strength + balance + tone, creating a solid functional base for your body.
<b>HIGH INTENSITY INTERVALE TRAINING HIIT 30 &amp; 45 MINS</b>	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.
<b>RIG 30 &amp; 45 MINS</b>	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

<b>CYCLE 45 MINS</b>	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.
<b>ZUMBA / MOVE IT 45 MINS</b>	Ready to party! Get into great shape whilst enjoying this Latin inspired calorie burning dance class. Using energizing rhythms & fun beats, this easy-to-follow class will have you forgetting that you're even at the gym.
<b>RAW RUNNERS &amp; WALKERS</b>	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

<b>ABS + BUTTS 45 MINS</b>	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.
<b>BODYFIRM 45 MINS</b>	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.
<b>BODYFIRM (FREESTYLE) 45 MINS</b>	Using a barbell and weight plates this is a slow flow class that works every major muscle group. Increase muscular strength, range of motion and balance with emphasis on lower reps and technique. This class is not choreographed to music.
<b>YOUNG AT HEART 45 MINS</b>	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

<b>AERO BOXING (dumbbells)</b>	Tone and firm your whole body using boxing techniques and dumbbells. Our instructors cater for all levels from beginner to the advanced. Simple to follow, fun & will fill you with endorphins!
<b>CARDIO &amp; CORE</b>	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.

## MIND & BODY

<b>PILATES</b>	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.
<b>PILATES PROPS</b>	Using the same body conditioning method as Pilates, you will use rings, bands and fitness balls to add strength and toning to your Pilates mat class.
<b>YOGA VINYASA</b>	Using dynamic yoga therapy moves combined with traditional poses to balance the body & promote energy flow. Classes are structured to be accessible to all levels and no two classes are ever alike.
<b>YOGA YIN RESTORATIVE</b>	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.

**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**