

OCTOBER LONG WEEKEND PUBLIC HOLIDAY TIMETABLE – MONDAY 7<sup>th</sup> OCTOBER

TIME	MONDAY OPEN 6am	TUESDAY OPEN 6am	WEDNESD AY OPEN 6am	THURSDAY OPEN 6am	FRIDAY OPEN 6am	SATURDAY OPEN 7am	SUNDAY 7.45am
6am	<b>OCTOBER LONG WEEKEND</b>	<b>CARDIO &amp; CORE</b> Annette <b>+ LIVE STREAM</b>	<b>CYCLE</b> Annette	<b>CYCLE</b> Joanna <b>RIG (45)</b> Nick	<b>BODYFIRM</b> Vera	<b>OUTDOOR RUN CLUB</b> Annette	
7am	<b>PUBLIC HOLIDAY</b>	<b>BODYFIRM</b> Summer	<b>BODYFIRM</b> Nick <b>7.45am</b> <b>RIG Nick</b>		<b>HIIT</b> Vera	<b>BODYFIRM</b> Nick <b>7.30am (45)</b> <b>RIG Cat</b>	
8am –	<b>OPEN 9AM</b>	<b>RIG (45)</b> Summer			<b>BODY CIRCUIT</b> Annette	<b>CYCLE</b> Mary <b>8.15am (45)</b> <b>RIG Nick</b>	<b>CYCLE</b> Mary
9am	<b>BODYFIRM</b> Jo <b>9am RIG (45)</b> Nick	<b>CYCLE</b> Summer	<b>BODYFIRM</b> Nick	<b>HIIT</b> Vera	<b>BODYSHAPE</b> Annette <b>+ LIVE-STREAM</b>	<b>BODYFIRM</b> Nick	<b>BODYFIRM</b> Nick
9.45am	<b>RIG (45)</b> Nick						
10am	<b>CYCLE</b> Jo	<b>PILATES</b> Sareena <b>+ LIVE STREAM</b>	<b>PILATES</b> Lindsey <b>+ LIVE-STREAM</b>	<b>BODYFIRM</b> Vera	<b>SLOW FLOW VINYASA YOGA</b> Annette <b>+LIVE STREAM</b>	<b>PILATES</b> Samantha	<b>BOXFIT</b> Nick
11am	<b>PILATES</b> Lindsey <b>+ LIVE-STREAM</b>	<b>ZUMBA</b> Claudio	<b>Zumba</b> Alfonso		<b>ZUMBA</b> Claudio	<b>ZUMBA</b> Zita	
12.45pm			<b>YOUNG AT HEART</b> Robbie		<b>YOUNG AT HEART</b> Robbie		
						<b>3pm</b> <b>PILATES/YOGA FUSION</b> Annette <b>+ LIVE STREAM</b>	<b>2.45pm</b> <b>YIN-YOGA</b> Lauren
5pm	<b>CLOSE 5PM</b>	<b>4.45pm</b> <b>BODYFIRM</b> Nick	<b>BODYFIRM</b> Cat	<b>PILATES</b> Deb <b>+ LIVE STREAM</b>			
6pm		<b>HIIT Glutes Core</b> Josh	<b>PILATES</b> Deb	<b>ZUMBA</b> Claudio <b>+ LIVE STREAM</b>	<b>5.30pm</b> <b>SLOW-FLOW VINYASA YOGA</b> Annette <b>+ LIVE STREAM</b>		
7pm		<b>VINYASA FLOW YOGA</b> Kate	<b>BOXING</b> Brenda <b>*NEW*</b>				
	<b>CLOSE 5pm</b>	<b>CLOSE 9pm</b>	<b>CLOSE 9pm</b>	<b>CLOSE 9pm</b>	<b>CLOSE 7pm</b>	<b>CLOSE 6pm</b>	<b>CLOSE 4pm</b>

## CRUNCH SPRING/SUMMER TIMETABLE 2024

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 7.45am
6am	<b>RIG (45)</b> Annette	<b>CARDIO &amp; CORE</b> Annette <b>+ LIVE STREAM</b>	<b>CYCLE</b> Annette	<b>CYCLE</b> Joanna <b>RIG (45)</b> Nick	<b>BODYFIRM</b> Vera	<b>OUTDOOR RUN CLUB</b> Annette	
7am	<b>CYCLE</b> Annette	<b>BODYFIRM</b> Summer	<b>BODYFIRM</b> Nick <b>7.45am</b> <b>RIG Nick</b>		<b>HIIT</b> Vera	<b>BODYFIRM</b> Nick <b>7.30am (45)</b> <b>RIG Cat</b>	
8am –	<b>BODYSHAPE</b> Annette	<b>RIG (45)</b> Summer			<b>BODY CIRCUIT</b> Annette	<b>CYCLE</b> Mary <b>8.15am (45)</b> <b>RIG Nick</b>	<b>CYCLE</b> Mary
9am	<b>BODYFIRM</b> Nick <b>9.30 RIG (45)</b> Josh	<b>CYCLE</b> Summer	<b>BODYFIRM</b> Nick	<b>HIIT</b> Vera	<b>BODYSHAPE</b> Annette <b>+ LIVE-STREAM</b>	<b>BODYFIRM</b> Nick	<b>BODYFIRM</b> Nick
10am	<b>10.30am</b> <b>PILATES</b> Lindsey <b>+ LIVE-STREAM</b>	<b>PILATES</b> Sareena <b>+ LIVE STREAM</b>	<b>PILATES</b> Lindsey <b>+ LIVE-STREAM</b>	<b>BODYFIRM</b> Vera	<b>SLOW FLOW VINYASA YOGA</b> Annette <b>+LIVE STREAM</b>	<b>PILATES</b> Samantha	<b>BOXFIT</b> Nick
11am	<b>11.30am</b> <b>YOUNG AT HEART</b> Annette	<b>ZUMBA</b> Claudio	<b>Zumba</b> Alfonso		<b>ZUMBA</b> Claudio	<b>ZUMBA</b> Zita	
12.45pm			<b>YOUNG AT HEART</b> Robbie		<b>YOUNG AT HEART</b> Robbie		
						<b>3pm</b> <b>PILATES/YOGA FUSION</b> Annette <b>+ LIVE STREAM</b>	<b>2.45pm</b> <b>YIN-YOGA</b> Lauren
5pm	<b>PILATES</b> Lindsey <b>+ LIVE-STREAM</b> <b>5.15pm</b> <b>RIG(45) Nick</b>	<b>4.45pm</b> <b>BODYFIRM</b> Nick	<b>BODYFIRM</b> Cat	<b>PILATES</b> Deb <b>+ LIVE STREAM</b>			
6pm	<b>BODYFIRM</b> Nick	<b>HIIT Glutes Core</b> Josh	<b>PILATES</b> Deb	<b>ZUMBA</b> Claudio <b>+ LIVE STREAM</b>	<b>5.30pm</b> <b>SLOW-FLOW VINYASA YOGA</b> Annette <b>+ LIVE STREAM</b>		
7pm	<b>ZUMBA</b> Claudio	<b>VINYASA FLOW YOGA</b> Kate	<b>BOXING</b> Brenda <b>*NEW*</b>				
	<b>CLOSE 9pm</b>	<b>CLOSE 9pm</b>	<b>CLOSE 9pm</b>	<b>CLOSE 9pm</b>	<b>CLOSE 7pm</b>	<b>CLOSE 6pm</b>	<b>CLOSE 4pm</b>

**NO ENTRY** once class has started!

Bring a towel to the gym on every visit. Be set-up and ready to begin your class on time –

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.

## CLASSES & DESCRIPTIONS

## FUNCTIONAL STRENGTH WORKOUTS

HIGH INTENSITY INTERVAL TRAINING (HIIT) 50 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 50 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 50 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 60 MINS	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

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 50 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!!!
BODY CIRCUIT 45 MINS	Involves working to a set time period for both exercise & rest intervals. You move through 12-15 exercises with free weights and resistance, targeting different muscle groups. Define, sculpt & build lean muscle. Suitable for all fitness levels.
YOUNG AT HEART 50 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

CARDIO & CORE 50 MINS	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.
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### MIND & BODY

PILATES 50 MINS	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 SLOW-FLOW YOGA 60 MINS	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 YOGA 60 MINS	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.
PILATES/YOGA FUSION 50 MINS	A balance of yoga & Pilates. Builds strength, stability, core, flexibility & relaxation. Pilates & Yoga are both transformational methods that focus on mind, body & spirit.
YOGA YIN RESTORATIVE <b>1<sup>st</sup> Saturday of month</b> 75 Mins	Restorative Yin 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. 1 <sup>st</sup> Sat of every month 3pm Class (75 mins)

<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	Mon – Thurs	6am – 9pm	<b>Creche</b> Monday – Friday Saturday	<b>Hours</b> 8.50am – 12pm 8am – 12pm
	Friday	6am – 7pm		
	Saturday	7am – 6pm		
	Sunday	8am – 4pm		