

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						
6am	Krunch Fit	Boot Camp	Krunch Fit	Run	Boxing	
7am						Boot Camp
8:30am						Krunch Fit
9:30am		Krunch Fit		Krunch Fit		
PM						
5pm	Boot Camp		Krunch Fit		Boxing	
6pm	Boot Camp	Krunch Fit	Krunch Fit	Boot Camp		
7pm						

Krunch Fit & Boxing at the warehouse - Amax Ave Girraween

Boot Camp & Run - Parramatta Park



BOOT CAMP

Boot Camp is your complete outdoor training program. It's fun, exciting and highly motivating, and incorporates the most progressive and innovative exercises to date. Boot Camp will take your results to the next level with a new program that includes a greater variety of equipment, unique exercises, activities and programming catering to a wide range of participants - from people who are just starting out to those who already have a solid fitness base - and you don't even have to be a Fitness First member to participate.

KRUNCH FIT

Krunch Fit is a strength and conditioning program that builds strength and increases endurance while working on your weaknesses using functional movements combined into high intensity, varied workouts. Krunch Fit is great for developing a broad base of fitness. Rather than working muscles in isolation, Krunch Fit exercises involve the entire body, a method that gets balanced results much quicker than traditional programs. Krunch Fit uses Olympic lifting progressions, basic gymnastic skills and high intensity cardio combined with many other movements, beneficial in day-to-day life.

BOXING

A competitive sport where you will partner up with another person of similar ability, boxing classes are a great way to build and tone muscles. Boxing classes provide a good cardiovascular workout, increasing aerobic strength. Classes may involve the use of focus mitts, kick pads, and skipping ropes. **please note you are welcome to bring own gloves but all participants must have liners(these can be purchased for \$4 and are reusable).*

RUNNING

If you have ever wanted to start running or improve your running times this is the perfect class for you. Running caters for levels of fitness especially beginners. All sessions last for approximately 45mins. All sessions are scaled to your current fitness level