



WE MAKE YOU LOOK GOOD—NOW YOU'VE MADE US LOOK GOOD!!!!

BEST LOCAL BUSINESS 2008

BEST NEW BUSINESS 2008

BEST SPORT/FITNESS FACILITY 2008

An enormous 'Thank You!' to all of our Members that nominated us for the *True Local Business Awards 2008!*

Oh, what a night!

Tina, Danni, Nikki and Tricia were all looking ravishing on the night of the awards dinner... and just as well because they cleaned up! The girls had to collect three trophies and have their photos taken all night! Plus, they kept getting 'high-fived' and cuddled by complete strangers—and of course they hated every minute of it!!!

Crunch is the first business to have ever walked away with three of The True Local Business Awards at one time! So, of course we are stoked!

"Only ring me at home if you win something!" said Amanda (tongue in cheek), thinking that the girls were just going out for a pleasant evening along with all the other finalists! Well, the phone just kept ringing and it sounded like the girls were at *The Arias!*

So, thank you, once again Members! We only opened in January this year and we were really not expecting such wonderful recognition.....we really do appreciate it!



The Glebe



WINNER

KRUNCH for KIDS

*****GREAT NEWS!*****

We are going to trial a

3pm start in the child-minding room on Thursday and add on a Tuesday afternoon!

STARTS:

TUESDAY 14th OCTOBER

3pm - 6.30pm &

THURSDAY 16th OCTOBER

3pm - 7.30pm

OUR 'PILOT' DIET CLUB COMES TO AN END

Twenty Crunch ladies agreed to attend our very first 12 week course on nutrition. Our qualified nutritionist, Amy McKendrick, aimed to teach the ladies how to eat a nutritious whole-food diet in order to stabilize blood sugar levels and maximize fat loss.

Each week, the golden rules of 'eating properly' have been reinforced along with motivational lectures from our Life Coach and various exercise specialists. The Diet Club is not a 'fad diet', it has taught the ladies what they should be eating and how they should be exercising for life!

The group has had some amazing results and we would like to acknowledge the fantastic efforts of three of our ladies that have achieved the most outstanding results. Congratulations to:-

- | | | |
|-----------|-------------------|---|
| 1st Prize | Jo Hallit | Lost 7 kgs + 28.3cm overall + 3.3% Body Fat |
| 2nd Prize | Cathrina Connolly | Lost 7.6kgs + 20cm overall + 1.8% Body Fat |
| 3rd Prize | Michelle Brown | Lost 5kg + 20cm overall + 3.2% Body Fat |

The ladies all received some fantastic prizes from

VEEV Hair & Beauty Balmain

VEEV 3-13 Beattie St
Balmain

02 9810 9200

Veev is the proud sponsor of the 'Crunch Diet Club'

and have awarded some fantastic prizes to the ladies who achieved the most outstanding results.

VEEV offers a fantastic range of hair & beauty treatments and is set in beautiful surroundings. Plus, they have a FREE CRECHE!

Check out their cool website

www.veev.com.au

RESULTS



**Kiss your butt
goodbye!**



10 Week Challenge

RESULTS

**It's only 10 weeks of
your lifebut it
will make a lifetime of
difference!**

**PUT YOUR NAME
DOWN TODAY FOR
OUR NEXT INTAKE**

**Limited to 20 ladies
per 10 WEEK CHALLENGE**

THE CRUNCH RUNNING CLUB

Congratulations! To the CRUNCH RUNNING CLUB for entering and completing the 2008 CITY TO SURF.

Apparently the girls had a lot of fun and some great times were run too! Some of the team were NEW to running but they all trained with Tricia for a couple of months leading up to the race. So, there you are... it's never too late to start running! The Crunch girls all get together at 6am on Tuesday mornings down at The Bay and all levels of fitness are catered for. The Running Club is part of your membership (no extra cost!). You do need to register on a weekly basis so drop by reception and get all the details if you would like to join in. Some of the girls are now training for the 'Half Marathon'there's no stopping them now!



*A very BIG THANK YOU!
to TRICIA & GEMMA
for organizing such a great day for
all the Members that ran the City to
Surf and 'Good Luck' to those who
are running the Half Marathon!*

Show your CRUNCH membership card
at **VEEV** in Balmain in October
and you will receive a
complimentary 'Ritual Treatment'
valued at \$30 with any other services.
See overpage for shop details
FREE CRECHE!
www.veev.com.au

WHAT ELSE IS NEWS AT CRUNCH?

As always, we love reading your comments and suggestions. Here are some of the latest items that will be actioned following your great feed-back:

BLINDS—Our Yoga lovers find the glare from the TV's a bit off-putting in the group exercise room. So, blinds will be fitted in this week to help the relaxation component of the class.

FANS—With Summer fast approaching, we want to be prepared for the heat and extra fans will soon be fitted in the Group Cycle room.

NEW! NEW! NEW! THURSDAY 6am BOOT CAMP—Due to the success of the 6am Running Club, a 6am Boot Camp will be starting on **Thursday 2nd October**. Ask for more details at reception.

15 MIN ABS—This class has been axed! By the time your bikes are set up and you stretch at the end, you were lucky to be getting 30 mins of cycling. Sorry ladies! Summer is coming and we're getting tough on you!

CYCLE CLASSES— Group Cycle got off to a slow start at *Crunch* but ladies.....it is official.....some of you are addicted! Plus, you are getting great results from this style of *interval training*. Cycle classes are often booked out now so MORE cycle classes will be announced soon! *Don't forget to book in for CYCLE and collect your voucher at reception.*

WE ARE ADDING TUESDAY AFTERNOON CHILD-MINDING & WILL TRIAL A 3PM START ON TUESDAY & THURSDAY— We will trial an earlier PM opening time in the creche. If it is well attended, we will start all the PM sessions at 3pm. Plus, 3.30pm classes will be trialled! Take a look at the latest timetable.

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