

EARLY MORNINGS AT CRUNCH!!!

Previous newsletters have kept the members at Crunch in the loop about our intentions to open your gym during the week at 6am. We currently open at 8am, as does the whole of MarketPlace shopping centre. A Land and Environment Court ruling prevents the centre from opening before 8am as it is within a Residential Zone. The same ruling also prevents the centre from opening on Public Holidays.

Centre Management at MarketPlace will give us their full support with our application to Council to open at 6am. As we are in the basement, the rest of the shopping centre can remain closed and we believe we have a suitable parking location that will create minimal noise to the local residents.

Please sign our petition and support our application so that you have more flexible training times. Thank you!

The Crunch RAW Club

(Runners And Walkers)



The **Crunch RAW Club** is a club within your club!

We are pleased to announce that **RAW 2009** will commence on **SATURDAY 28th FEBRUARY.**

It is suitable for accomplished runners, ladies that want to *learn how to run* and for walkers. Train for one of the upcoming events (shown overpage) and enter as a club OR just have fun and run/walk with a great group of gals from Crunch every Saturday morning at 6am. More information is available at reception. *Enjoy the running season Ladies!*

What's News at Crunch???...As you know, we listen to what our members are asking for and wherever possible, we implement changes.

DANCE CLASSES—We hear you! Our Thursday 6.30pm time-slot is dedicated to dance. We have sampled Hip Hop, we are currently doing Belly Dancing and next month we are introducing **SALSA!** This will be a **6 WEEK COURSE** starting from **5th March** (this class requires regular attendees as each week follows on from the week before!)

MORE NEW CLASSES! - We are adding extra cycle classes on Saturday morning at 8.30am plus Monday morning at 9.45am. Sadly, we are losing the 5.30pm Thursday cycle class due to low numbers. Plus, another **CARDIO BLAST** will be introduced on Wednesday at 9am due to popular demand!

MEMBERS.....WIN A STRATA HYBRID BIKE VALUED AT \$560 + HELMET!



REFER A FRIEND TO CRUNCH BETWEEN
FEB 16th—APRIL 30th

Collect some **7 DAYS FREE** postcards

1 Referral = 1 Entry ticket

If referral joins for 6 months = 3 Entry tickets

If referral joins for 12 months = 5 Entry tickets

Referral joins less than 6 months = 1 Entry ticket

MEMBER WITH MOST ENTRY TICKETS

WINS THE BIKE!!!

DID YOU KNOW?.....

That some health funds will allow you to claim back part of your gym fees? We are happy to print out a statement of your current payment



Many children feel unsettled for the first few visits to the creche, especially if they have never been to day care or away from mum for long...but they will eventually start dragging you to the gym!

For the creche to run as smoothly as possible, can our mums please be mindful of the following points:

Please leave children in a settled manner—Please arrive in time to settle your children before exercising. **Toilet-Training**—If your child is in the early stages of toilet training, can you please put a pull-up on your child during your stay. Please appreciate that during our busy times we need all hands on deck and cleaning up the children and the creche can be very time consuming. **Illness, injuries and Immunisations**—Sick or children with injuries should not be brought into the creche as our child-minders can not be responsible for keeping them away from other children. Children that have just been immunized should not come to the gym for a minimum of 24 hours after their injections.

We thank you for understanding!

**NEXT
RESULTS '1' CHALLENGE
STARTS
7th APRIL
LIMITED SPACES
BOOK NOW!**



HAIR & BEAUTY

VEEV is the proud sponsor of our RESULTS Challenge
**13 Beattie St Balmain 9810 9200 www.veev.com.au
FREE CRECHE!**

RESULTS I



NEW!!! RESULTS II

VERSION TWO OF OUR RESULTS PROGRAM STARTS
22nd APRIL

FOR MEMBERS THAT HAVE COMPLETED VERSION ONE AND ARE READY FOR ANOTHER CHALLENGE.

COME ON.....YOU KNOW YOU WANT TO!

EVENT DIARY FOR 2009

Why not set a long term goal to enter an organised event in 2009 with some fellow Crunch members?

- The SMH Half Marathon - 17th May (Hurry! Entries open—Fills up fast!)**
- The MS Walk/Run (9 or 18km walk or 9km run) - 14th June**
- 7km Bay Run—2nd August**
- City to Surf 14km Fun Run—9th August (for Runners & Walkers)**
- The Bridge Run (4km Family walk, 9km or 21km run) - 21st September**
- MS Sydney to Gong 90km Bike Ride—1st November**

Julie –Ann is our Events Co-ordinator at Crunch. Register your interest at reception should you wish to enter any of the events listed above, as a group from Crunch. In some cases, specialized training programs will be organised prior to the event. In all cases, a lot of fun will be had by all!!!