

WEIGHT TRAINING CLINIC

Thursdays at 4pm. learn and be educated on how to effectively train a new body part each week. Learn new techniques to sculpt and define that Body under the guidance of Miss Figure and Miss Canada TAMARA Bookinas

FLU SEASON

To all the mums using the crèche. Please be mindful that we are approaching the dreaded Flu Season. Please do not bring any children in to the crèche who are displaying symptoms of illness as

GETTING RESULTS

Why not participate in our June RESULTS challenge?

No more excuses about not having the time! Our most recent RESULTS graduates were all busy women juggling work and family commitments. They MADE THE TIME and got themselves organised. It's only 10 weeks of your life but it will make a lifetime of difference!

RESERVE YOUR SPOT NOW!

Kiss your butt goodbye!



10 Week Challenge

crunch
FEMALE FITNESS CENTRE

MANITREX

NEW CLASSES

Wednesday 2nd June
8.30am Bodyshape with Tricia.
(1 month trial)

Wednesday 2nd June

RECIPE

GOATS CURD & LENTIL SALAD WITH ROASTED BEETROOT

4 medium sized beetroot
2 tablespoons olive oil
Sea salt and freshly ground black pepper
1 cup lentils du puy
¼ cup diced red onion
¼ cup seeded and diced tomato
3 tablespoons extra virgin olive oil
1 tablespoon balsamic vinegar
¼ cup finely chopped parsley to serve
8 asparagus spears, blanched and cooled
Mint leaves
200g goats curd

Extra virgin olive oil to drizzle
Preheat oven to 220°C. Place beetroot in a small baking dish and drizzle with the olive oil, salt and pepper. Cover with oil and bake in oven for 40-45 mins, or until beetroots are tender when pierced with a knife. Remove from oven and allow to cool. Set aside.

Place lentils with 1 ½ cups of water in a saucepan and bring to the boil. Reduce heat and simmer for 15 mins. Strain.

Place warm lentils, red onion, tomato, extra virgin olive oil, vinegar, salt and pepper in a bowl, stir and set aside.

Peel beetroots by rubbing the skins gently with your hands until they come off. Slice beetroots vertically into 1cm slices.

Stir mint and parsley through the lentils

To serve – Divide lentils between four plates, top with a few sprigs of mint and the asparagus. Using a large spoon dipped in hot water, top with spoonfuls of goats curd. Finish with the slices of beetroot and drizzle with the extra virgin olive oil. Serves 4

PERSONALISED SERVICE

Need assistance with your training program? Our personal trainers will develop a program just for you! AND they will renew it every 6-8

MARATHONS ANYONE?

MS Walk and Fun Run

Sun 6th June 2010

City 2 Surf

Sun 8th August 2010

Blackemores Sydney
Marathon

EXERCISE TIP

Sometimes we don't have as much time to train as we'd like. Kids get sick, work gets busy, yadayada! Doesn't mean all is lost – its intensity as well as frequency that makes the difference. If you only have ½ an hour you can still make it worthwhile. The secret is to up the ante! Work as hard as you can in

REFER A FRIEND

Bring a friend to Crunch and when they join you can receive up to one month free. See reception for details

Give this voucher to a friend & they receive a FREE VISIT to Crunch Female Fitness

Present this voucher to receive

1 FREE VISIT

Valid until ___/___/2010

Must be New Pattern and 17 years old

crunch

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