

Club Revive CrossFit Uplift



DECEMBER 2016 TIMETABLE

*Equals - Child Supervision Only- cost is \$1 per child

STARTS: 1/12/2016

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
6.30Am	Fundamentals Chris		Fundamentals Linda		Fundamentals Mitch	
8.45am					SPIN Tenille	
9.15am	CrossFit *Linda	CrossFit *Mitch	CrossFit *Chris	CrossFit *Chris	CrossFit *Chris	Open Box 9am – 12pm Team Training 9:30
9.30am	Move Well *Chris	Combat *Chris	Boxercise *Mitch C	Circuit *Mitch	Pilates *Mark NOW IN MMA ROOM	Pilates Mark NOW IN MMA ROOM
		1:00pm Speedy Circuit Linda	4:40pm Pilates Lucy NOW IN MMA ROOM	1:00pm Speedy Circuit Linda		
4.45 Pm	Fundamentals Nat	CF Teens Henri	Fundamentals Henri	CF Teens Henri	Fundamentals Nat	
5.30Pm	CrossFit Nat	CrossFit *Chris	CrossFit Mitch	CrossFit *Henri	CrossFit *Nat	
5.40Pm	5:30pm Pilates Lucy NOW IN MMA ROOM	Functional Circuit Daz	Body HIIT Daz	5:30pm Yogalattes Daz NOW IN MMA ROOM	BOXERCISE 50 mins Mitch C	

Thrive MMA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am	THRIVE MMA Fitness		THRIVE MMA Fitness		9:30 – 10:30 Pilates	9:30 – 10:30 Pilates
10:00	THRIVE MMA Ages 16+		THRIVE MMA Ages 16+		THRIVE MMA Ages 16+	
3:45pm	Future Champions MMA 5- 12yo 45 mins	Private Classes 4pm- 5:30pm	Future Champions MMA 5- 12yo 45 mins	Private Class 4pm- 4:30pm		
	5:30 - 6:30 Pilates		4:40 – 5:40 Pilates	5:30 – 6:30 Yogalattes		
6:00pm	MMA Fundamenta ls	MMA Ground Zone	MMA Fundament			
7:00pm	MMA Stand Up		THRIVE MMA	MMA Fitness + Open Mat		

Contact Paul Traish on: 0448 474 837 or email: paul.traish@hotmail.com



24/7

**CASH SPECIALS FOR
YOU THIS MONTH!!**

REVIVE: 6 + 3 FREE \$419

3 + 1 FREE \$229

**CROSSFIT: 6 MONTHS + 1
FREE FOR \$579**

😊FUNDamentals😊

Learn all of the basics through to the level you choose, all levels, all welcome, great team environment
Full Fundamentals timetable
+ Revive classes and services, only \$45 fortnightly. (\$15 Fitness Passport add on 😊)

OPENING HOURS

Mon: 6.30am – 8.00pm
Tue: 6.30am- 8.00pm
Wed: 6.30am- 8.00pm
Thur: 6.30am- 8.00pm
Fri: 6.30am – 7.30pm
Sat: 9.00am – 12.00pm
24 hour access available

Contact us:

5 Young St, Lithgow, NSW.

Phone: (02) 6353 1272

Email: Clubrevive@gmail.com

Facebook: Club Revive Crossfit Uplift

BEST IN THE WEST 2016

Congratulations to CrossFit Uplift who won this year's best in the west competition. They put in 100% effort in all the workouts and had some fun 😊

A big thank you and shout out to Bathurst, Orange, Mid Mountains & Dubbo for coming on the day, you all did a great job



GOOEY NUT SLICE

1 cup rolled oats, 1 cup quick cooking oats, ½ cup honey, 1 tbsp coconut oil, 1 tsp cinnamon, ½ cup natural peanut butter, 1 tsp vanilla essence, ¾ cup peanuts.

1. Preheat oven to 180 deg, mix honey, coconut oil & peanut butter in microwave in a safe bowl for 30-50 sec until mixture is runny. Add vanilla and cinnamon.
2. Now add oats and peanuts and mix together.
3. Pour mixture into lined baking tray and press down firmly. Bake for 20 mins or until lightly browned.

QUOTE OF THE MONTH

GET FIT
FOR LIFE.
NOT JUST
FOR SUMMER.

“It takes 21 days to make or break a habit” Do you have fitness passport? If the answer is yes why not sign up to our **SUMMER SHRED**

CHALLENGE!!!

The cost: your hard work & sweat.

Simply scan your FP card each time you visit the gym – the person with the most attendance wins!! Sign up @ club revive TODAY

