

CREWFIT™

BROUGHT TO YOU BY  **MOVED**

## WHAT IS CREWFIT?

CREWFIT is a unique group training program, that builds strength and conditioning through diverse and challenging workouts. We combine weight resistant movements, with high intensity training to create a constantly varied and progressive exercise selection.

The training is run and designed by professional athletes, to keep crew fit and healthy during their winter season. This customised program allows individuals to advance at their own rate.

All classes will be held within the port for convenient access to all crew and will include free supplement and nutritional advice.



PROMOTE WEIGHT LOSS  
BUILD OVERALL STRENGTH

STRENGTH & CONDITIONING  
DIVERSE WORKOUTS

## AIMS

Keeping crew active & healthy during their winter season

- To build strength, conditioning & overall fitness
- Shape & Tone physique
- Increase metabolic function
- Help promote weight loss



## HOW IT WORKS

You reserve a timeslot, either 12:00 or 17:30 for the 4 week period. This entitles you to 3 training sessions per week with a qualified trainer on Monday, Wednesday & Friday.

**The First session:** Will be an introductory and measurement session where you will be tested on various exercises and movements.

**The Last session:** Will be to re-test your measurements and gauge your improvements.

## PAYMENT

The course costs € **250.00 per person**

All payments are to be made in **FULL** prior to the commencement of the course.



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## PROGRAMME

- Duration:** 4 weeks, 3 sessions per week  
**Days:** Monday, Wednesday, Friday  
**Dates:** ..... Contact us for upcoming course dates  
or to book your private group session  
**Times:** 12:00 – 13:00  
17:30 – 18:30  
**Rate:** € 250.00 per person  
**Location:** Port Vauban, Antibes IYCA  
Opposite M/Y Kingdom

## COURSE INCLUDES:

- 4 week customised circuit training (12 sessions)
- Cool dry training top
- Body hormone analysis
- Complementary supplemental advice – on site  
4 week meal challenge

## HOW CAN I BOOK?

Book your place at: [rudi@bmovedfitness.com](mailto:rudi@bmovedfitness.com)  
or call us on +33 645 926 609



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CUSTOMISED PROGRAMME  
HIGH INTENSITY TRAINING

[bmovedfitness.com](http://bmovedfitness.com)