



CREATURE FITNESS

Bondi Junction, Edgecliff & Marrickville



SERVICES /

CrossFit
Community Social
Events
Lifestyle Management
Nutrition Coaching
Private Coaching
Small Group Classes

COMMITTED COMMUNITY • Creature Fitness is a premium training facility that helps successful professionals excel beyond their current fitness level. Their method involves high-level coaching, a positive community, and smart and fun programming. Since 2014, across three locations in the heart of Sydney, Creature has been re-inventing CrossFit training for its clients, offering exclusive coaching from world-class professionals with individualised nutrition principles, healthy lifestyle habits and movement patterns. Creature provide a tailored approach for the committed professional who is willing to put the work in to achieve exceptional results. They understand the importance of time and make sure its used wisely to make the most of every session. There's a range of group classes available, or you can start your journey with a dedicated fitness professional.



CREW BOUTIQUE ROWING STUDIO

428 George St, Sydney



SERVICES /

Group Classes
Personal Training
Corporate Fitness

JOIN THE CREW • CREW Row is a boutique rowing studio. Their effective fitness classes are centered around the gracefully hand-crafted timber WaterRower, burning calories in every stroke with the soothing sound of moving water. This unique, full-body circuit class keeps the heart rate pumping while placing minimal impact on your body. Within 45 minutes you will have worked all of your major muscle groups – everything from your arms, legs, back and core are engaged. CREW also uses high-intensity interval training, with workstations focusing on toning, sculpting and strengthening exercises. Fast transitions between the rowing machine and the floor will ensure you are never in the same spot for too long. By combining rowing with dumbbells, resistance bands, medicine balls and other equipment, you will increase both your muscular strength and endurance while making your workout fun and effective.

AS FEATURED IN THE WELLNESS GUIDE.