

CONCEPT DESIGNED BY B MOVED

CREWFIT

bluewater



WHAT IS CREWFIT?

Crew Fit is a unique outdoor training program that builds strength and conditioning through diverse and challenging workouts. We combine weight resistant movements such as sled pushing with high intensity training, like repeat sprints to create a constantly varied and highly intensive workout.

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

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

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

PROMOTE WEIGHT LOSS
BUILD OVERALL STRENGTH





STRENGTH & CONDITIONING DIVERSE WORKOUTS

HOW IT WORKS

You reserve a specific time slot (e.g. 07:00, 12:00, 17:30) for the 4 week period. This entitles you to have access to 3 sessions per week with a qualified trainer on Monday, Wednesday & Friday.

The First session:

Will be an introductory & testing session where you will get to meet your trainer, be tested on various exercises, trial the equipment and have a chance to present any questions pertaining to the course. Your Crew Fit welcome pack will be issued during this time.

Last session:

Will be used to retest your measurements and gauge your improvements.

PAYMENT

The course is **€ 250.00 per person**

All payments are to be made in FULL prior to the commencement of the course. Under exceptional circumstances outstanding CASH payments will be accepted on the quay, on the first day on the course.

No TDVs will be accepted for this course.

NOTE: Welcome packs will only be issued once you have paid for your course in full.

PROGRAMME

Duration: 4 weeks, 3 sessions per week
(12 sessions)

Days: Monday, Wednesday, Friday

Dates: 7 Oct – 1 Nov
4 Nov – 30 Nov

Times: 07:00 – 08:00
12:00 – 13:00
17:30 – 18:30

Rate: € 250.00 per person

Location: Port Vauban, Antibes – IYCA

COURSE INCLUDES:

- 4 week customised circuit training (12 sessions)
- Cool dry training top
(please submit size prior to commencement)
- PBA free Water bottle
- Crew Fit bag
- Body fat test
- Complementary supplemental advice – on site
- 4 week meal challenge

HOW CAN I BOOK?

Book your place online at

www.bluewateryachting.com/crew-training

Or call Bluewater Training on +33 493 34 47 73

CUSTOMISED PROGRAMME
HIGH INTENSITY TRAINING

