

FEBRUARY 13TH 2026

www.crossfitreclaim.com.au

CROSSFIT RECLAIM

GYM UPDATE



Inside this weeks update:

- [CrossFit Upcoming Events](#)
- [Committed Club](#)
- [2026 Crossfit Open Information](#)
- [Kids/ Teens Term 1](#)
- [Programming Overview - CrossFit & Sweat](#)
- [Membership Reminders](#)



U P C O M I N G EVENTS

FEBRUARY 2026

27/02

CROSSFIT OPEN 26.1

Join us for a massive Friday Night Lights event for the first week of the 2026 Crossfit Open

6/03

CROSSFIT OPEN 26.2

Keep the energy alive – join us for week 2 of the 2026 CrossFit Open!

13/03

CROSSFIT OPEN 26.3

Celebrate the final night of the 2026 CrossFit Open at Friday Night Lights!

Committed Club – January



CROSSFIT RECLAIM

JANUARY

Super Committed Club

24+ CLASSES

PAULY WOOD - 42	MAREE CERVONI - 25
JO WOOD - 29	NATALIE HUUSKES - 25
LAURA HARNISH - 29	RACHAEL AYRE - 25
ASH HAINES - 27	RYAN PITHAM - 25
CANDICE BOOYSEN - 26	SIMON YOUNG - 25
MARTINA SANDERSON-SMITH - 26	AARON TROTT - 24
NAOMI TESTA - 26	BEN WHITAKER - 24
SARAH RICHARDS - 26	EVA KRUCHIO - 24
KHRISTINA MURPHY - 25	MARC AQUILINA - 24



CROSSFIT RECLAIM

JANUARY

Committed Club

20 - 23 CLASSES

KIM WHITAKER - 23	MICHELLE ANDREWS - 21
MICHAEL ILIAS - 23	AHMAD ELGENDY - 20
ALEISHA DORAHY - 22	ANNETTE HIRA - 20
AMY YOUNG - 22	CONRAD KOBEL - 20
BLAKE STEWART - 22	DYLAN BOYD - 20
DAMIEN PORTER - 22	JEMMA BELLIVEAU - 20
DOT COOK - 22	JENNIFER EVANS - 20
JO ILIAS - 22	JESSE BELLIVEAU - 20
KELLY LLEWELLIN - 22	JO-ANNE MCCREA - 20
PAUL BERETOV - 22	JOSH BOYD - 20
TERRY WILES - 22	KRISTIAN AROUTSIDIS - 20
ALEX SPECOGNA - 21	MELISSA RICHES - 20
JOSH EVANS - 21	SARAH HENSHAW - 20
LISA DOHERTY - 21	

2026 Crossfit Open

The CrossFit Open is back for 2026, and we're turning ****every Friday night**** into an event you won't want to miss.

For three epic weeks, our gym will transform into the place to be on Friday nights — where effort meets energy, and the community comes together to throw down, cheer loud, and celebrate fitness.

 **17** What's Happening - Kicking off Friday, 27th of February

Each week we'll be running the Open workout in a high-energy, Friday Night Lights format. Whether you're competing, judging, cheering, or just soaking up the atmosphere, these nights are all about community and fun.

 The Vibe - We're going all in:

- Live DJ keeping the energy high all night
- Professional photographer, capturing the big lifts, fast finishes, and epic celebrations
- Great music, great people, great vibe

 Who's It For?

- First-time Open athletes
- Seasoned competitors
- Supporters, friends, and family

You don't need to be chasing the leaderboard to be part of the Open. The Open is about showing up, giving your best, and doing it alongside your community.

 Why Get Involved?

- Challenge yourself
- Be part of something bigger
- Share the floor with your gym community
- Create memories (and photos) you'll talk about all year

 Let's Make It Special

Friday nights during the Open are more than just workouts — they're a celebration of effort, consistency, and community. Bring your energy, bring your friends, and get ready for some unforgettable nights.

CrossFit Kids/Teens Term 1

Kids & Teens Term 1

Just a reminder that Kids & Teens CrossFit Term 1 kicked off **Monday, 02/02** 🎉

This will be a 9-week term, and we're excited to have the kids back in the gym building confidence, fitness, and great habits in a fun and supportive environment.

Please note that all payments for Term 1 will need to be finalised before Week 3.

If your child is already enrolled, we'll see them on Monday. If you've been thinking about getting them involved, now's a great time to jump in — chat to a coach if you have any questions.

Let's start Term 1 strong 💪

Here's the link to the enrolment form: <https://forms.gle/q7161pmypxaXNV9s6>



PROGRAMMING

CrossFit: 16 February – 21 February

MON 16 ▾	TUE 17 ▾	WED 18 ▾	THU 19 ▾	FRI 20 ▾	SAT 21 ▾
0 Every 2:00 x 5 Sets @ 55-70% 3 Position Power Snatch *Floor, Hang, High Hang % is Based on 1RM Power Sn These should be crisp, RPE 6 PRVN AFFILIATE Strength Option B) Deadlift Every 2:30 x 4 Sets 3 Deadlifts @75% 3 Box Jumps If not confident box jumping "Stride and Rhythm" For Time: Every 3:00 x 5 Sets -Level 3(RX)- 15 V-Ups 10 Single Arm Devils Press (2 200m Run	0 "Injection" For Time: -Level 3(RX)- 80 Double Unders 60 Wall Balls (9/6kg) 40 Pull-Ups 80 Double Unders 50 Wall Balls 30 Chest-to-Bar Pull-Ups 80 Double Unders 40 Wall Balls 20 Bar Muscle-Ups -Level 2- 50 Double Unders 50 Wall Balls (6/4kg) 40 Ring Rows 50 Double Unders 40 Wall Balls 30 Jumping Pull-Ups 50 Double Unders 30 Wall Balls 20 Pull-Ups -Level 1- 80 Single Unders 40 Wall Balls (4kg)	0 Strict Press + Push Press Every 2:30 x 5 Sets 3 Strict Press + 5 Push Press 15/15m Single Arm Overhead Barbell: @ 70-75% of 1RM Str Single Arm Overhead Carry: @ PRVN AFFILIATE "True Gallop" 4 Sets: 1:00 Max Calorie Row Rest 1:00 1:00 Max Calorie Bike Rest 1:00 Targets: Level 3(RX) - 20/16 Calories Level 2 - 18/14 Calories Level 1 - 14/10 Calories PRVN AFFILIATE Mobility	0 Back Squat Every 2:00 x 5 Sets 3 Reps @ 60-65% of 1RM of This is a back off week for th PRVN AFFILIATE "Open Range" For Time: 3 Rounds -Level 3(RX)- 400m Run 20 Kettlebell Swings (24/16k 10 Burpee Box Jump Overs (-Level 2- 400m Run 20 Kettlebell Swings (20/12k 10 Burpee Box Jumps (24/2C -Level 1- 200m Run 20 Russian Kettlebell Swings 10 Burpee Box Step-Ups (20r Time Cap: 15 Minutes	0 Strength + Stability + Plyo Every 4:00 x 3 Sets 8/8 Dual Dumbbell Split Stan 10 Ice Skater Hops 1 Lap Seal Slides Walk PRVN AFFILIATE "Hold The Line" AMRAP 14 -Level 3(RX)- 12 Toes To Bar 16 Dual Dumbbell Front Rack 3 Wall Walks -Level 2- 12 Toes To Target 16 Dual Dumbbell Front Rack 3 Half Wall Walks -Level 1- 8 Supine Leg Raises 16 Goblet Step Forward Lung 3 Pike Bridge Holds on Wall (PRVN AFFILIATE	0 "Break The Harness" 6 Sets: AMRAP5, With a Partner, Share -Level 3(RX)- 30 Lateral Burpees Over Bar 20 Power Cleans (80/55kg) -Max Calorie Row in Remainin -Level 2- 25 Lateral Burpees Over Bar 20 Power Cleans (60/45kg) -Max Calorie Row in Remainin -Level 1- 20 Lateral Burpees Over Bar 20 Hang Power Cleans (Modi -Max Calorie Row in Remainin *No Rest Between AMRAPs *Row is one person working. Mobility 30sec/30sec KB Calf Small

Sweat: 16 February – 20 February

MON 16 ▾	TUE 17 ▾	WED 18 ▾	THU 19 ▾	FRI 20 ▾
0 Monday Sweat 15 Sets, Alt Stations (5 @ Ea 1:30 AMRAP / :30 Rest and T Station 1: 200m Run + Max A Station 2: 200m Run + Max P Station 3: 200m Run + Max A Goal: Complete each run in si PRVN AFFILIATE	0 Tuesday Sweat Part A) Conditioning 2 Sets 20s Work, 10s Rest x 8 Reps Max Calorie Standing Bike Er Rest 2:00 Between Sets AMRAP8, With a Partner You Max Calorie Bike Part B) Strength 3-5 Sets 8 DB Bench Press 8/8 3 Point DB Rows Rest as needed	0 Wednesday Sweat 6 Sets 4:00 Work, 1:00 Rest, Alternat Station 1: 20 Suitcase Deadlifts 10 Dual Dumbbell Shoulder to Max Calorie Row Station 2: 10 Dual Dumbbell Devils Pres 20 Dual Dumbbell Front Squa Max Calorie Bike Suggested Loading: Level 3(RX) - 22.5/15kg Level 2 - 15/10kg Level 1 - 10/5kg	0 Thursday Sweat For Time: 200m Farmers Carry 900m Row 800m Run 80 Wall Balls (6/4kg) 700m Row 600m Run 60 Burpees Time Cap: 30:00 PRVN AFFILIATE	0 Friday Sweat For Total Calories 2 Sets 5 Minute Max Calorie Bike 5 Minute Max Calorie Row 5 Minute Max Calorie Ski

Gym Etiquette – Kids in the Gym

Just a quick reminder that kids must stay behind the turf area at all times, including during school holidays. For everyone's safety, no kids are allowed on the floor or on the boxes. We've had multiple falls from the boxes, and we want everyone to be able to train without worrying. Thanks for helping keep the gym safe for all members.

The creche is available for all kids aged 0-School Age. This will be supervised on Tuesdays - Fridays.

Supervised Creche Registration Form

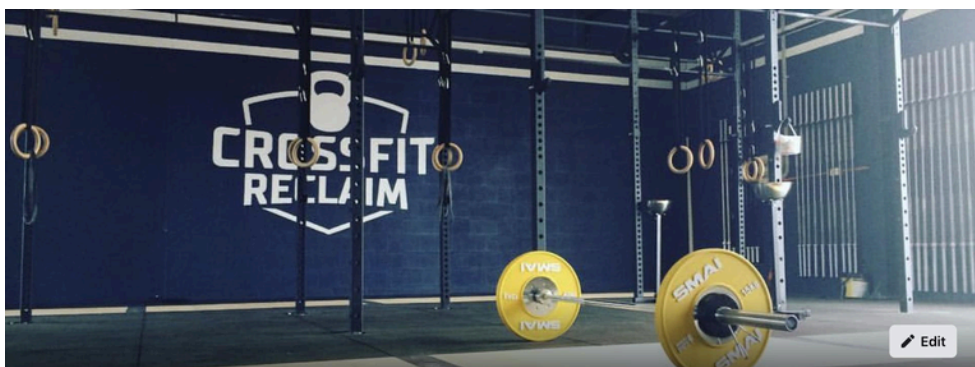
Our supervised creche is available for children during our 9am class on Tuesdays, Wednesdays, Thursdays, and Fridays. Spots are limited, so please check Zen Planner and book in advance, as there may be occasions when the creche cannot run due to staff availability.

<https://forms.gle/1XQHRdqfTjShSUKDZ>



Members Only Facebook Page

If you are not part of our CrossFit Reclaim Members only Facebook Group, Search us on Facebook to join and Stay up to date with information & be part of our online community !



CrossFit Reclaim Members Only Group