



CRANK&GRIND
INDOOR CYCLING STUDIO

ELITE ATHLETE TRAINING

**PRE SEASON TRAINING
GROUP BASED TRAINING**



SPORT + SCIENCE = RESULTS

Featuring world-class sports tech, human movement experts, and innovative fitness, Geelong's Crank and Grind is ready to inspire your team.

Crank and Grind is a combination of functional, cycle and yoga sports streams. Our state of the art cycle theatre is built with sports-tech sophistication. Our Stages hi-tech cycles are the best in the world with a synchronistic collection of cycling data and metrics. By then second around the world- power stats, speed and the tech awesome!

Your teammates will be able to measure and quantify what they are seeing and experiencing while enjoying a fun atmosphere that is high energy, and the stuff elite coaches and athletes live for.

Goals infused with wirelessly synced workouts will have everyone intrigued and enthused.

CYCLE THEATRE

We are a fully accredited Sufferfest Embassy, the only one of its kind in Victoria. Described by Triathlon Junction as "Sheer Brilliance" The Sufferfest is state of the art immersive real cycling with a big screen experience in our studio. You will experience a collection of high-intensity cycling workouts designed by elite sports scientists and customized to get that body "suffering!"

A "virtual" experience, your team members can be competing against each other in the Tour De France or racing each other around the streets of Geelong. Sufferfest is Cinematic Cycling at its very best.

A customized functional training space is also a feature. Coined "real world fitness" functional training builds strength, power, and mobility that translates beyond the gym. From boot camps to Personal Training - this space is complete with comprehensive facilities and equipment.



DETAILS

Our Founder Chris Ball is a passionate advocate of cycling in Australia. His position at Cycling Australia sees him looking after all the national series, championships, and presentations. It is a close association dear to Chris' heart for many years and puts him in contact with some of the world's most outstanding athletes and coaches.



Chris' passion for the sport began back in the BMX bandits days, where two wheels sparked inspiration that grown into an impressive career. His degree in Sports Management and Human Movement and his qualifications in personal training has forged an expert level platform, driving his ambition to build the best cycling and sports science studio in Australia. The dream is realized, and we welcome you!

The details:

Price: \$130 for a class of up to 30.
You will have your Crank & Grind educator and includes a full safety briefing

5 week discount of \$110.

*Shoe hire is available

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