



ACCELER8
FITNESS

NOURISHING AND DELICIOUS FAMILY BREAKFASTS








Recipes for a Healthy Start to Acceler8 your Day



VEGGIE EGG MUFFINS

Prep Time: 10 min Cook Time: 20 min Servings: 4 Calories Per Serving: Approximately 150 Calories

INGREDIENTS

-  6 large eggs.
-  1/2 cup diced bell capsicum.
-  1/4 cup diced onions.
-  1/4 cup diced tomatoes.
-  1/4 cup chopped spinach.
-  Salt and pepper to taste.
-  Cooking spray.

DIRECTIONS

- ① Preheat the oven to 350°F (180°C). Grease a muffin tin with cooking spray.
- ② In a bowl, whisk the eggs until well beaten. Season with salt and pepper.
- ③ Stir in the capsicum, onions, tomatoes, and spinach.
- ④ Divide the mixture evenly among the prepared muffin cups.
- ⑤ Bake for 18-20 minutes or until the eggs are set and slightly golden.
- ⑥ Allow the muffins to cool for a few minutes before removing them from the tin. Serve warm or refrigerate for later.



















BANANA OAT PANCAKES

Prep Time: 10 min Cook Time: 10 min Servings: 4 Calories Per Serving: Approximately 200 Calories

INGREDIENTS

-  2 ripe bananas, mashed
-  2 large eggs
-  1/2 cup rolled oats
-  1/2 teaspoon baking powder
-  1/2 teaspoon vanilla extract
-  Cooking spray
-  Fresh berries for serving (optional)
-  Maple syrup for serving (optional)

DIRECTIONS

-  In a bowl, combine the mashed bananas, eggs, rolled oats, baking powder, and vanilla extract. Mix well.
-  Heat a non-stick skillet over medium heat and lightly coat with cooking spray.
-  Pour 1/4 cup of the pancake batter onto the skillet for each pancake.
-  Cook for 2-3 minutes until bubbles form on the surface, then flip and cook for an additional 1-2 minutes until golden brown.
-  Repeat with the remaining batter.
-  Serve the pancakes warm with fresh berries and a drizzle of maple syrup, if desired.















BERRY CHIA PUDDING

Prep Time: 5 min Servings: 2 Calories Per Serving: Approximately 250 Calories

INGREDIENTS

-  1 cup unsweetened almond milk
-  1/4 cup chia seeds
-  1 tablespoon honey or maple syrup
-  1/2 cup mixed berries (strawberries, blueberries, raspberries)
-  Sliced almonds for topping (optional)

DIRECTIONS

-  In a jar or container, combine the almond milk, chia seeds, and honey or maple syrup.
-  Stir well add the mixed berries and gently stir to distribute them evenly.
-  Seal the jar or container and refrigerate for at least 2 hours or overnight until the pudding thickens.
-  Give the pudding a good stir before serving.
-  Top with sliced almonds, if desired. Enjoy chilled.





















WHOLE WHEAT BREAKFAST BURRITO

Prep Time: 10 min Cook Time: 10 min Servings: 2 Calories Per Serving: Approximately 300 Calories

INGREDIENTS

-  2 whole wheat tortillas
-  4 large eggs
-  1/4 cup diced bell peppers
-  1/4 cup diced onions
-  1/4 cup diced tomatoes
-  1/4 cup shredded reduced-fat cheese
-  Salt and pepper to taste
-  Salsa for serving (optional)

DIRECTIONS

-  Heat a non-stick skillet over medium heat.
-  In a bowl, whisk the eggs until well beaten. Season with salt and pepper.
-  Add the bell peppers, onions, and tomatoes to the skillet and sauté until softened.
-  Pour the beaten eggs into the skillet and cook, stirring occasionally, until scrambled.
-  Warm the tortillas in a separate skillet or microwave.
-  Divide the scrambled eggs between the tortillas.
-  Sprinkle shredded cheese on top and roll up the tortillas.
-  Serve the breakfast burritos with salsa, if desired. Enjoy!









GREEK YOGURT PARFAIT

Prep Time: 5 min Servings: 2 Calories Per Serving: Approximately 250 Calories

INGREDIENTS

-  1 cup Greek yogurt
-  1/2 cup mixed berries (strawberries, blueberries, raspberries)
-  2 tablespoons honey or maple syrup
-  2 tablespoons granola

DIRECTIONS

- 1 In two serving glasses or bowls, layer half of the Greek yogurt.
- 2 Add a layer of mixed berries on top.
- 3 Drizzle with honey or maple syrup.
- 4 Repeat the layers with the remaining yogurt, berries, and sweetener.
- 5 Sprinkle granola on the final layer.
- 6 Serve the Greek yogurt parfait immediately and enjoy!

GROUP FITNESS TIMETABLE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-----------------|----------------|----------------|------------|------------|---------------------|------------------|
| 6:00 am | | Functional Fit | | Box Fit | X Training | | |
| 7:00 am | | | | | | X Training | Monthly Run Club |
| 7:00 am | | | | | | Run Club All Levels | |
| 7:15 am | | | | X Training | | | |
| 8:10 am | | | | | | Functional Fit | |
| 9:15 am | Cardio Fit | | Functional Fit | | Box Fit | | |
| 5:15 am | Box Fit Express | | | | | Run Club All Levels | |
| 5:30 am | | | | Core Fit | | | |
| 5:30 am | | | | X Training | | | |
| 6:10 am | Core Fit | Functional Fit | Run Fit | | | | |
| 6:30 am | | | | Box Fit | | | |
| 7:10 am | | | Functional Fit | | | | |



OUR TRAINING



Cardio Fit is the ultimate outdoor training session for building maximum fitness, burning calories, and increasing endurance. This session ensures massive cardio variety using different terrain, intervals, games, buddy cardio and cross training & HITT



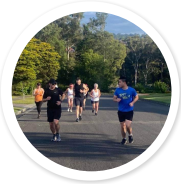
Box Fit is a popular class that combines boxing and kickboxing with functional fitness. A general conditioning class with plenty of fun elements of boxing.



Functional Fit sessions include a variety of resistance-based exercises, which may include dumbbell's, resistance bands, medicine/dead balls, and body weight to strengthen, tone and shape your entire body



Core Fit is a dynamic strengthening and stretching session enhancing muscle tone, core strength and flexibility. Inspired by Pilates and yoga, this session will tone your body, provide postural strength, injury prevention, flexibility, balance, clear the mind of stress and relieve stress.



Run Club is an opportunity to work as a group, increasing your running, fitness, and motivation. This session is suitable for beginners through to advanced runners. Reach levels you never thought you could before. We will work on various skills including endurance, cadence/stride control, tempo, and running as part of group. Also, a killer calorie burner!



Run Fit This session will be in the park programmed specifically to improve your running speed and endurance. Suitable for beginners through to advanced runners. We will work on various skills including endurance, cadence/stride control and tempo, as part of group. Also a killer calorie burner!



X-Training X training classes are programmed to contain a variety of exercises aimed at improving your overall conditioning. These will be a blend of our Cardio fit and Functional Fit classes plus athletic and mobility movements to target any imbalances in your overall strength and fitness.



CRAIG AND BRONLYNE

Acceler8 Fitness, founded by Craig and Bronlyne back in 2008, is located at George Thornton Reserve in West Pennant Hills. Our mission is simple: we want to offer customized group outdoor training x 2 that cater to people of all fitness levels, from beginners to advanced. Our goal is to ensure that each participant is appropriately challenged while staying within their own limits.

When you join our sessions, you'll find an environment that fosters support, accountability, and motivation. Our experienced trainers work closely with individuals of all ages, guiding them towards their health and fitness goals. Whether you're aiming to get fit, shed some weight, tone up, or boost your strength, our team is here to support you throughout your journey.

We take pride in keeping up with the latest advancements in personal and group personal training. This allows us to create workouts that are not only effective but also enjoyable and diverse. We believe that fitness should be a fun experience, and we strive to make every session engaging and rewarding.

At Acceler8 Fitness in West Pennant, we welcome fitness enthusiasts, beginners looking to kickstart their journey, and athletes striving for peak performance. With our experienced trainers and friendly atmosphere, we're dedicated to empowering individuals to unleash their full fitness potential.



Join us for our Outdoor Group Training sessions and enjoy the benefits of exercising in a beautiful outdoor setting. Let us help you transform your health and fitness, just like we have successfully done for countless others. Together, we'll work towards your goals and empower you to live a healthier, stronger life.

Contact Craig and Bronlyne at 0419 190 885 or visit our website at

www.acceler8fitness.com.au. You can also find us on Facebook and Instagram for more updates and information.



Enjoy these nourishing and delicious breakfast recipes with your family to kickstart your day in a healthy way!



Acceler8 Fitness



 www.acceler8fitness.com.au/

 Ph 0419190885

Thank-you!

