

BALANCE

HEALTH CLUB

Timetable

Effective from 1 May 2010

Training Information

1. Participants should arrive 15 minutes before the scheduled start time of the class and stay until the completion of the cool down. It is important to participate in the warm up and cool down component of each class to minimize the risk of injury and save disruption to the class. Participants that arrive late to a class will be unable to participate.
2. To ensure classes are instructed in a safe environment, participant numbers are limited. Bookings are essential and can only be made on day of class. Class passes are available from the Help Desk 15 minutes before the start time. Aqua Aerobics passes can be collected on entry to the Aquatics Centre. No pass, no class.
3. It is essential that all participants bring a towel and water bottle to class and adhere to hygiene rules.
4. Closed in, soft soled shoes are essential when in the Fitness Centre and whilst using all equipment.
5. Minimum dress regulations in the Fitness Centre: male – singlet and shorts, female – sports top, tights or shorts.
6. Participants must wear a swim cap for all aqua activities. Caps are available for purchase at reception.
7. All patrons using the pool should shower before entering. Showers are located next to the 25m pool.
8. Advance bookings must be made at Balance Reception for all Kids Classes.
9. Lockers are available to keep your personal items secure. A refundable \$2 coin is required for use. Keys are not to be taken into the water. Lockers are cleared each night by security. Lost property is held at reception for 21 days then donated to charity.

GET A BIT OF BALANCE IN YOUR LIFE

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AEROBICS TIMETABLE

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---------------|------------------------------------|---|---------------------------------------|--|-------------------------------------|-----------------------------|--------------------------|
| AM CLASSES | 6.05 – 7.00 | | BodyBlitz Melissa | | Boxing (45mins) Jodie | | | |
| | 6.30 – 7.00 | | | | | CardioCamp Melissa | | |
| | 8.00 – 8.55 | | | | | | | |
| | 9.00 – 9.55 | | | | | | BodyBlitz Melissa | |
| | 9.15 – 10.00 | Body Blitz Jodie | BAT Ann – Maree | Boxing Charlene | Step Starter Donna | | | |
| | 10.00 – 10.30 | | CardioCamp Melissa | | CardioCamp Jess | | | |
| | 10.00 – 10.55 | Zumba (45mins) Donna | | BodyBlitz Adam B. | | BAT (45 mins) Melissa | | |
| | 11.00-11.30 | | Jittabugs Melissa / Jess | | Jittabugs Melissa / Amanda | | | |
| 11.00 – 11.45 | | | Heartmoves For MS Melissa | | HeartMoves Level 1 Athena | | | |
| 11.30 - 12.00 | | Jittabugs Melissa / Jess | | Jittabugs Melissa / Amanda | | | | |
| PM CLASSES | 12.00 – 12.45 | HeartMoves Level 1 Deb | | HeartMoves Level 1 Charlene | | HeartMoves Level 2 Athena | | |
| | 1.00 – 1.45 | HeartMoves Level 2 Deb | | HeartMoves Level 2 Charlene | | | | |
| | 4.00 – 4.45 | | | | Zumbatomic Lisa | | | BodyBlitz Jess |
| | 4.30 – 5.15 | Zumba Donna | | | | CardioCamp Charlene | | |
| | 4.30 – 5.25 | | | BodyBlitz Jess | | | | |
| | 5.00 – 5.30 | | Mix n Match FatBurner Donna | | CardioCamp Mary-Kate | | | |
| | 5.30 – 6.00 | | Mix n Match StepStarter Donna | | | | | |
| | 5.30 – 6.15 | | | | FatBurner Mary-Kate | | | |
| | 5.30 – 6.25 | BodyBlitz Melissa | | Boxing (45 mins) Jess | | | | |
| | 6.00 – 6.25 | | Mix n Match Crunch&Stretch Charlene | | | | | |
| | 6.00 – 6.55 | | | | | Yoga Ngairé | | |
| | 6.15 – 6.30 | | | | Crunch&Stretch Mary-Kate | | | |
| | 6.30 – 7.00 | CardioCamp Natalie | | | | | | |
| | 6.30 – 7.15 | | Boxing Charlene | Body Attack Jodie | Zumba Melissa | | | |
| | 7.15 – 8.10 | Yoga Ngairé | | BAT (45 mins) Jodie | | | | |

XPRESSWAY, GROUP CYCLING (STUDIO 2) & XTRAINING TIMETABLE (MIXED STUDIOS)

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--------------|--------------------------------|--------------------------------|----------------------------|---------------------------------|-------------------------------|-------------------------|-------------------------------|
| AM CLASSES | 6.05 – 7.00 | Cycle Sergio | | Cycle Sergio | | CycleCardio Melissa | | |
| | 6.30 – 7.00 | | | Xpressway Sergio | | | | |
| | 8.00 – 8.55 | | | | | | Cycle Melissa | |
| | 9.00 – 9.45 | | | | | | | Suunto Cycle Sergio |
| | 9.15 – 10.00 | Cycle Melissa | | | | Cycle Adam.B | | |
| | 9.30 – 10.30 | | CycleCardio Melissa | | CycleCardio Jess | | | |
| | 4.30 – 5.25 | | | | CycleCardio Mary-Kate | | | |
| | 4.45 – 5.30 | Cycle Jess | | Cycle Melissa | | | | |
| | 5.00 – 5.45 | | | | | | | Cycle Jess |
| | 5.30 – 6.25 | | CycleCrunch Charlene | | | Cycle(45mins) Jess | | |
| | 5.45 – 6.30 | | | Cycle Jodie | | | | |
| | 6.00 – 7.00 | Cycle Cardio Natalie | | | | | | |
| | 6.30 – 7.15 | | SuuntoCycle Sergio | | Cycle Mary-Kate | | | |

MIND & BODY/BOXING TIMETABLE (STUDIO 3)

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----|---------------|--------------------------|---------------------------|-----------------------------|-----------------------------|----------------------------|----------|--------|
| AM | 10.00 – 10.45 | | | Pilates Reformer Melissa | Pilates Reformer Melissa | Pilates Reformer Athena | | |
| | 5.30 – 6.15 | Pilates Reformer Jess | | Ante-Natal Fitness Donna | Pilates Reformer Melissa | | | |
| PM | 6.00 – 7.25 | | Ante-Natal Yoga Ngairé | | Ante-Natal Yoga Ngairé | | | |
| | 6.30 – 7.15 | Pilates Reformer Jess | | Pilates Reformer Jess | | | | |

AQUA AEROBICS

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----|---------------|---------------------------|---------------------------|---------------------------|----------------------------|---------------------------|-----------------------|--------|
| AM | 7.00 – 7.45 | | Aqua Aerobics Melissa | | Aqua Circuit Karina | | | |
| | 9.00 – 9.45 | Aqua Aerobics Charlene | | | | | | |
| | 10.30 – 11.15 | Aqua Circuit Jodie | Aqua Circuit Ann-Maree | Aqua Aerobics Charlene | Aqua Aerobics Jess | Aqua Circuit Mary-Kate | | |
| | 11.00 – 11.45 | | | | | | Aqua Circuit Jodie | |
| PM | 6.00 – 6.45 | Aqua Aerobics Charlene | Aqua Circuit Michelle | Aqua Aerobics Donna | Aqua Circuit Anne-Maree | | | |

THIS WEEKS FILL INS

| Name | Date | Time and Class |
|-------------|--------------------|---------------------|
| Mary - Kate | Saturday 24th July | 8am Cycle |
| Mary – Kate | Saturday 24th July | 9am Body Blitz |
| Jodie | Sunday 25th July | 4pm Body Blitz |
| Jodie | Sunday 25th July | 5pm Cycle |
| Sergio | Monday 26th July | 4.45pm Cycle |
| Adam | Monday 26th July | 6pm Cycle Cardio |
| Jess | Monday 26th July | 7.15pm Yoga/Balance |

CLASS DESCRIPTIONS

Aerobics Classes

BAT (Butts, Abs & Thighs) - Class that targets, tightens and firms your bottom, abdominals and thighs.

BodyBlitz - Low impact muscle toning workout using your own body weight, hand weights or body bar.

Crunch&Stretch - Designed to target the abdominal area and increase flexibility.

HeartMoves - Low to moderate impact. Suitable for those with health conditions & getting back into exercise. There are two levels to choose from, Level 1 is an easier class and Level 2 is an intermediate class.

Heartmoves for MS – Uses the Heartmoves guidelines to provide safe and effective exercise to help build and maintain strength and fitness for those diagnosed with multiple sclerosis.

Mix n Match - You choose your combination of 3 x 30 min classes (FatBurner, StepStarter, and Crunch&Stretch). Start at the beginning of any session and end at the completion of any session.

Zumba – Fuses Latin rhythms and easy to follow dance moves to create a dynamic program that will blow you away. Ditch the workout and join the party.

FatBurner – Designed to target fat stores of the body combining low and high impact moves.

Body Attack – A simple high intensity, interval training class that combines athletic aerobic movements with strength and stabilization exercises.

Post-Natal Fitness – A class to help women regain their fitness and pre pregnancy body weight, focusing on improving stability of pelvic floor and abdominal muscles.

Step Classes

StepStarter - Introduction to step class with high level of instructions on basic step moves and correct technique.

CardioCamp

Cardiovascular workout based on military style training class. Suitable for all fitness levels.

Aqua Aerobics Classes

Aqua Aerobics – Burn extra calories with this great aerobic workout as you work against the resistance of the water with little impact and stress on your joints.

Aqua Circuit – Moving from station to station along the pool as you work to your suitable fitness level using the resistance of the water, noodles and dumbbells.

Boxing

Boxing – This energetic workout uses a variety of boxing techniques incorporating focus pads and boxing bags with interval drills that our boxers use to keep fit. Please purchase your own glove inners for hygiene reasons.

Mind & Body Classes (Held in the aerobics studio)

Yoga – Develop coordination and improve strength and flexibility in this low impact class. Suitable for all levels.

Group Cycling

Cycle - An intensive fast paced workout on stationery bike.

CycleCardio - 30mins of Cycle combined with 30mins of CardioCamp.

CycleCrunch – 30mins of Cycle followed by 25mins Crunch & Stretch in the Aerobic Studio.

SuuntoCycle – This cycle class provides live feedback on your training efforts and gives a print out report of the amount of calories burned and average heart rate zone. Bookings essential at the Help Desk.

Studio 3 (additional cost for Pilates Reformer sessions)

Pilates Reformer - Maximum 11 per class performing Pilates principles on Reformer machines.

Ante-Natal Yoga - Bring tranquility to you and your baby and enjoy an hour and a half of relaxation, stretches, breath awareness and meditation.

Ante-Natal Fitness – Focusing on strengthening pelvic floor, stability and posture alignment while monitoring women's health and fitness during pregnancy.

Kids Classes

Jittabugs – For children aged 2 – 5 years. Children participate in a variety of activities including use of props such as parachute, balls, scarves and obstacle courses.

Zumbatomic – For children aged 6 – 12 years. Incorporating the Latin rhythms and easy to follow dance moves. The children shake, wiggle and have a blast while getting fit.