

# BALANCE

HEALTH CLUB

## Timetable

Effective from 1 November 2009

### 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 minimise the risk of injury and save disruption to the class.
2. It is essential that all participants bring a towel and water bottle to class and adhere to hygiene rules.
3. Closed in, soft soled shoes are essential when in the Fitness Centre and whilst using all equipment.
4. Minimum dress regulations in the Fitness Centre: male – singlet and shorts, female – sports top, tights or shorts.
5. Participants must wear a swim cap for all aqua activities. Caps are available for purchase at reception.
6. All patrons using the pool should shower before entering. Showers are located next to the 25m pool.
7. 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 from reception on entry to the Aquatics Centre.
8. Intensive Yoga and Pilates Reformer courses are held in groups with low participant numbers in the Mind & Body Studio. Bookings are essential and additional fees apply.
9. Advance bookings must be made at Balance Reception for all Kids Classes.
10. 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**

Cnr Industrial Drive & William Street Mayfield  
P 02 4903 6200 F 02 4903 6250  
E [info@balancehealth.com.au](mailto:info@balancehealth.com.au) W [www.balancehealth.com.au](http://www.balancehealth.com.au)

## AEROBICS TIMETABLE

|            | Monday        | Tuesday                          | Wednesday  | Thursday                          | Friday                                 | Saturday                            | Sunday                   |
|------------|---------------|----------------------------------|--|-----------------------------------|--|-------------------------------------|--------------------------|
| AM CLASSES | 6.05 – 7.00   |                                  | <b>BodyBlitz</b><br>Melissa                              |                                   | <b>Boxing (45mins)</b><br>Jodie        |                                     |                          |
|            | 6.30 – 7.00   |                                  |  |                                   | <b>CardioCamp</b><br>Melissa           |                                     |                          |
|            | 8.00 – 8.55   |                                  |  |                                   |  |                                     |                          |
|            | 9.00 – 9.55   |                                  |  |                                   |  | <b>BodyBlitz</b><br>Melissa         |                          |
|            | 9.15 – 10.00  | <b>Body Blitz</b><br>Charlene    | <b>BAT</b><br>Ann – Maree                                | <b>Boxing</b><br>Charlene         | <b>Step Starter</b><br>Donna           |                                     |                          |
|            | 10.00 – 10.30 |                                  | <b>CardioCamp</b><br>Melissa                             |                                   | <b>CardioCamp</b><br>Jess              |                                     |                          |
|            | 10.00 – 10.55 | <b>Zumba (45mins)</b><br>Donna   |  | <b>BodyBlitz</b><br>Adam B.       |  | <b>BAT (45 mins)</b><br>Melissa     |                          |
|            | 11.00 – 11.45 |                                  |  |                                   |  | <b>HeartMoves Level 1</b><br>Athena |                          |
| PM CLASSES | 12.00 – 12.45 | <b>HeartMoves Level 1</b><br>Deb |  | <b>HeartMoves Level 1</b><br>Lisa |  | <b>HeartMoves Level 2</b><br>Athena |                          |
|            | 1.00 – 1.45   | <b>HeartMoves Level 2</b><br>Deb |  | <b>HeartMoves Level 2</b><br>Lisa |  |                                     |                          |
|            | 4.00 – 4.45   |                                  |  |                                   |  |                                     | <b>BodyBlitz</b><br>Jess |
|            | 4.30 – 5.15   | <b>Zumba</b><br>Donna            |  |                                   |  | <b>CardioCamp</b><br>Charlene       |                          |
|            | 4.30 – 5.25   |                                  |  | <b>BodyBlitz</b><br>Jess          |  |                                     |                          |
|            | 5.00 – 5.30   |                                  | <b>Mix n Match</b><br><b>FatBurner</b><br>Donna          |                                   | <b>CardioCamp</b><br>Melissa           |                                     |                          |
|            | 5.30 – 6.00   |                                  | <b>Mix n Match</b><br><b>StepStarter</b><br>Donna        |                                   |  |                                     |                          |
|            | 5.30 – 6.15   |                                  |  |                                   | <b>FatBurner</b><br>Mary-Kate          |                                     |                          |
|            | 5.30 – 6.25   | <b>BodyBlitz</b><br>Melissa      |  | <b>Boxing (45 mins)</b><br>Jess   |  |                                     |                          |
|            | 6.00 – 6.25   |                                  | <b>Mix n Match</b><br><b>Crunch&amp;Stretch</b><br>Donna |                                   |  |                                     |                          |
|            | 6.00 – 6.55   |                                  |  |                                   |  | <b>Yoga</b><br>Ngairé               |                          |
|            | 6.15 – 6.30   |                                  |  |                                   | <b>Crunch&amp;Stretch</b><br>Mary-Kate |                                     |                          |
|            | 6.30 – 7.15   |                                  | <b>Boxing</b><br>Charlene                                | <b>CardioCamp</b><br>Adam. B      | <b>Zumba</b><br>Melissa                |                                     |                          |
|            | 6.45 – 7.15   | <b>XXX CardioCamp</b><br>Adam.B  |  |                                   |  |                                     |                          |
|            | 7.15 – 8.10   | <b>Yoga</b><br>Ngairé            |  | <b>BAT (45 mins)</b><br>Alesha    |  |                                     |                          |

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

|            | Monday       | Tuesday                         | Wednesday                      | Thursday                     | Friday                        | Saturday                      | Sunday                        |
|------------|--------------|---------------------------------|--------------------------------|------------------------------|-------------------------------|-------------------------------|-------------------------------|
| AM CLASSES | 6.05 – 7.00  | <b>Cycle</b><br>Sergio          |                                | <b>CycleXpress</b><br>Sergio |                               | <b>CycleCardio</b><br>Melissa |                               |
|            | 6.30 – 7.00  |                                 |                                | <b>Xpressway</b><br>Sergio   |                               |                               |                               |
|            | 8.00 – 8.55  |                                 |                                |                              |                               | <b>Cycle</b><br>Melissa       |                               |
|            | 9.00 – 9.45  |                                 |                                |                              |                               |                               | <b>Suunto Cycle</b><br>Sergio |
|            | 9.15 – 10.00 | <b>Cycle</b><br>Melissa         |                                |                              |                               | <b>Cycle</b><br>Adam.B        |                               |
|            | 9.30 – 10.30 |                                 | <b>CycleCardio</b><br>Melissa  |                              | <b>CycleCardio</b><br>Jess    |                               |                               |
|            | 4.30 – 5.25  |                                 |                                |                              | <b>CycleCardio</b><br>Melissa |                               |                               |
|            | 4.45 – 5.30  | <b>Cycle</b><br>Jess            |                                | <b>Cycle</b><br>Melissa      |                               |                               |                               |
|            | 5.00 – 5.45  |                                 |                                |                              |                               |                               | <b>Cycle</b><br>Jess          |
|            | 5.30 – 6.25  |                                 | <b>CycleXpress</b><br>Charlene |                              |                               | <b>CycleXpress</b><br>Jess    |                               |
|            | 5.45 – 6.15  | <b>XXX Cycle</b><br>Adam.B      |                                |                              |                               |                               |                               |
|            | 5.45 – 6.30  |                                 |                                | <b>Cycle</b><br>Jodie        |                               |                               |                               |
|            | 5.55 – 6.25  |                                 | <b>Xpressway</b><br>Charlene   |                              |                               | <b>Xpressway</b><br>Jess      |                               |
|            | 6.15 – 6.45  | <b>XXX Xpressway</b><br>Adam. B |                                |                              |                               |                               |                               |
|            | 6.30 – 7.15  |                                 | <b>SuuntoCycle</b><br>Sergio   |                              | <b>Cycle</b><br>Mary-Kate     |                               |                               |

## MIND & BODY/BOXING TIMETABLE (STUDIO 3)

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

## AQUA AEROBICS

|           | Monday        | Tuesday                   | Wednesday                 | Thursday                  | Friday                 | Saturday                  | Sunday                   |
|-----------|---------------|---------------------------|---------------------------|---------------------------|------------------------|---------------------------|--------------------------|
| <b>AM</b> | 7.00 – 7.45   |                           | Aqua Aerobics<br>Melissa  |                           | Aqua Circuit<br>Karina |                           |                          |
|           | 9.00 – 9.45   | Aqua Aerobics<br>Blake    |                           |                           |                        |                           |                          |
|           | 10.30 – 11.15 | Aqua Circuit<br>Blake     | Aqua Circuit<br>Ann-Maree | Aqua Aerobics<br>Charlene | Aqua Aerobics<br>Jess  | Aqua Circuit<br>Mary-Kate |                          |
|           | 11.00 – 11.45 |                           |                           |                           |                        |                           | Aqua Circuit<br>Charlene |
| <b>PM</b> | 6.00 – 6.45   | Aqua Aerobics<br>Charlene | Aqua Circuit<br>Michelle  | Aqua Aerobics<br>Alesha   | Aqua Circuit<br>Blake  |                           |                          |

### THIS WEEKS FILL INS

| Name     | Date                 | Time and Class     |
|----------|----------------------|--------------------|
| Melissa  | Monday 8th March     | 10am Zumba         |
| Charlene | Wednesday 10th March | 5.45pm Cycle       |
| Charlene | Thursday 11th March  | 6.05am Boxing      |
| Melissa  | Friday 12th March    | 4.30pm Cardio Camp |
| Melissa  | Friday 12th March    | 5.30pm Ante-Natal  |

## 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.

**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.

**TotalBody** - Great fat burner working your whole body including option of low or high impact, step and weights conditioning.

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

**Tone n Sculpt** – Low impact weights conditioning class to tone n sculpt your muscles using a combination of dumbbells, barbells, fit balls and medicine balls.

**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.

### Nautilus Xpressway

Total body resistance workout in less than 30 mins using Nautilus equipment.

### 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** – Move 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.

### 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 stationary bike.

**CycleXpress** - 30mins of SchwinnCycle combined with 30mins of Nautilus Xpressway.

**CycleCardio** - 30mins of SchwinnCycle combined with 30mins of CardioCamp.

**XXX** - 30 mins of SchwinnCYCLE combined with 30mins of Nautilus Xpressway and 30mins of CardioCAMP.

**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.

**Yoga** – 15 participants for a 90 minute class.

**Ante-Natal Yoga** - Bring tranquillity 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.

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