

# BALANCE

CITY · HEALTH CLUB

## TIMETABLE

Effective from 9th January 2012

### Opening Hours

Monday - Friday • 5.00am - 10.00pm  
Saturday & Sunday • 7.00am - 6.00pm

### CHILD MINDING HOURS

Monday - Friday • 8.30am - 12.00 Noon • Monday - Wednesday • 3.30pm - 7.00pm  
Thursday & Friday • 3.30pm - 6.30pm • Saturday • 8.00am - 12.00 Noon

Access to the Health Club facilities will vary according to the different membership packages.

Ask one of our expert team members for assistance.

### Training Information

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 who arrive late to a class will be unable to participate. All participants must have a class pass and these are available on the day of the class.

*\* Pilates Reformer and Antenatal Pilates Reformer attract an additional fee of \$10 per session. You will need to book in and pay for these sessions in advance. All Antenatal classes will require GP clearance prior to attending.*

For further information, please visit [www.balancehealth.com.au](http://www.balancehealth.com.au)



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## BALANCE CITY TIMETABLE | EARLY AND MID MORNING CLASSES

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.00 Good Morning	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>		
5.15 - 6.00	Boxing <i>Studio 4</i>		 <i>Studio 5</i>		 <i>Studio 7</i>		
5.30 - 6.15		Limber <i>Studio 6</i>		Limber (55 min) <i>Studio 7</i>			
6.00 - 6.45	 <i>Studio 5</i>	 (55 min) <i>Studio 7</i>	Boxing <i>Studio 4</i>		 (55 min) <i>Studio 7</i>		
6.30 - 7.15	Pilates Reformer* (55 min) <i>Studio 6</i>	Ladies Circuit <i>Ladies Circuit</i>	Pilates Reformer* <i>Studio 6</i>	Pilates Reformer* (55 min) <i>Studio 6</i>			
6.30 - 7.25				 <i>Studio 7</i>			
6.45 - 7.00	City Six Packs <i>Studio 7</i>		City Six Packs <i>Studio 7</i>				
7.00 - 7.55	 <i>Studio 7</i>					<b>OPEN</b>	<b>OPEN</b>
7.15 - 8.00		Pilates Reformer* <i>Studio 6</i>			Pilates Reformer* <i>Studio 6</i>		
8.00 - 8.45						Cycle Box Fusion <i>Studio 5/4</i>	
8.45 - 9.15						Functional Core <i>Studio 7</i>	
9.00 - 9.55					Power Yoga <i>Studio 7</i>		
9.15 - 10.00	Total Body <i>Studio 7</i>	Fatburner <i>Studio 7</i>	Blitz <i>Studio 7</i>	 <i>Studio 7</i>	Cycle Box Fusion <i>Studio 5/4</i>	 (55 min) <i>Studio 7</i>	
9.15 - 10.00				Pilates Reformer* <i>Studio 6</i>		Pilates Reformer* <i>Studio 6</i>	
10.00 - 10.45	Gymstick & Core <i>Studio 7</i>	BAT <i>Studio 7</i>	Pilates Reformer* <i>Studio 6</i>		BAT <i>Studio 7</i>		
10.15 - 11.00				Ladies Circuit <i>Ladies Circuit</i>	Pilates Reformer* (55 min) <i>Studio 6</i>		
10.45 - 11.30		Heartmoves <i>Studio 7</i>					
11.15 - 12.00	Heartmoves Level 1 <i>Studio 7</i>						



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## BALANCE CITY TIMETABLE | BALANCE EXPRESS (ALL SESSIONS ARE 30 MINUTES)

PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11.30 - 12.00	Ladies Circuit <i>Ladies Circuit</i> Studio 7	Gymstick <i>Studio 7</i>	Limber <i>Studio 7</i>	KrankCycle Fusion <i>Studio 5</i>	Limber <i>Studio 7</i>		
12.05 - 12.35	Funky Fit <i>Studio 7</i>	Blitz <i>Studio 7</i>	Functional Core <i>Studio 7</i>	Gymstick <i>Studio 7</i>	Fatburner <i>Studio 7</i>		
12.40 - 1.10	Yoga <i>Studio 7</i>	Boxing <i>Studio 4</i>	 <i>Studio 7</i>	Interval Training <i>Studio 7</i>	Yoga <i>Studio 7</i>		
12.40 - 1.10	KrankCycle Fusion <i>Studio 5</i>	Limber <i>Studio 7</i>			Functional Core <i>Studio 6</i>		
1.15 - 1.45	Yoga - Relax & Renew <i>Studio 7</i>	Funky Fit <i>Studio 7</i>	Mat Pilates <i>Studio 7</i>	Limber <i>Studio 7</i>	Yoga - Relax & Renew <i>Studio 7</i>		
1.15 - 1.45	Boxing <i>Studio 4</i>		 <i>Studio 5</i>				



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## BALANCE CITY TIMETABLE | AFTERNOON & EVENING

PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2.20 - 4.00	Group Bookings for all Studios available - schools / sporting / business groups						
4.00 - 4.45			Ladies Circuit <i>Ladies Circuit</i>	Heartmoves Level 2 <i>Studio 7</i>		Interval Training <i>Studio 7</i>	KrankCycle Fusion <i>Studio 5</i>
4.45 - 5.30	Ladies Circuit <i>Ladies Circuit</i>	Mat Pilates <i>Studio 6</i>	BAT <i>Studio 7</i>	Interval Training <i>Studio 7</i>		Limber <i>Studio 7</i>	Yoga (55 min) <i>Studio 7</i>
5.00 - 5.45		Step <i>Studio 7</i>					
5.30 - 6.15	Pilates Reformer* <i>Studio 6</i>	Antenatal Yoga* (55 min) <i>Studio 6</i>	Pilates Reformer* (55 min) <i>Studio 6</i>	Antenatal Fitness* <i>Studio 6</i>			
5.30 - 6.15	 (55 min) <i>Studio 7</i>		Step <i>Studio 7</i>	 <i>Studio 5</i>	Boxing <i>Studio 4</i>	CLOSED AT 6PM	CLOSED AT 6PM
5.30 - 6.15				 <i>Studio 7</i>			
5.45 - 6.40		 <i>Studio 7</i>					
6.00 - 6.45	Boxing <i>Studio 4</i>	Ladies Circuit <i>Ladies Circuit</i>					
6.15 - 6.30			City Six Packs <i>Studio 7</i>				
6.15 - 7.00	Pilates Reformer* <i>Studio 6</i>			Pilates Reformer* <i>Studio 6</i>			
6.15 - 7.00				 <i>Studio 7</i>			
6.15 - 7.10					Mat Pilates (55 min) <i>Studio 6</i>		
6.30 - 7.15			Cycle Box Fusion <i>Studio 5/4</i>				
6.30 - 7.15	 <i>Studio 5</i>		Limber <i>Studio 7</i>				
6.45 - 7.30	Limber <i>Studio 7</i>						
7.00 - 9.00	Group Bookings for all Studios available - schools / sporting / business groups						
Open for you until	10pm	10pm	10pm	10pm	10pm	6pm	6pm

Please note that most classes are 45 mins except Balance Express are 30 mins and some sessions are 55 mins where indicated. \* Pilates Reformer and Antenatal Pilates Reformer attract an additional fee of \$10 per session. You will need to book in and pay for these sessions in advance. All Antenatal classes will require GP clearance prior to attending. For more information about the Balance Bonus Pregnancy Package, please ask at reception or check [www.balancehealth.com.au](http://www.balancehealth.com.au)



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## BALANCE CITY TIMETABLE | CLASS DESCRIPTIONS

Class Name & Brief Description (listed alphabetically) If you are unsure about what is involved, please discuss with the Instructor prior to participating in the class.	Generally Good For	Complexity Guide	Intensity Guide
<b>BAT:</b> (Butts, Abs & Thighs) - Class that targets, tightens and firms you bottom, abdominals and thighs.	Muscle Endurance, Toning In The BAT	Low	Medium
<b>Blitz:</b> Low impact muscle toning, strengthening and functional workout using a range of resistance mechanisms, including your own body weight, dumbbells and barbells.	Challenging Exercises For All Over Improved Muscle Tone, Strength & Stability	Low	High
<b>BodyAttack™:</b> A Les Mills product for the participant who likes the formatted simple high intensity interval training class combining athletic aerobic movements with strength and stabilisation exercises.	Fitness, Strength	Medium	Medium - High
<b>BodyPump™:</b> A Les Mills product for the participant who likes the formatted workout for muscle toning and strength work with a range of resistance equipment (body weight, dumbbells and barbells).	Formatted For Improved Muscle Tone, Strength	Medium	High
<b>BodyStep™:</b> A Les Mills product for the participant who likes the formatted high intensity step workout.	Fitness, Power	Medium - High	High
<b>Boxing:</b> This energetic workout uses a variety of boxing techniques incorporating focus pads and gloves with interval drills.	Fitness, Strength	Low	High
<b>City Six Packs:</b> An express workout focusing on tightening and strengthening the abdominals for a flatter, fitter six-pack	Muscle endurance & toning for the core	Low	Low
<b>Cycle:</b> Can be an intense, fast paced workout on a stationary bike.	Fitness - Leg Power	Low	Medium-High
<b>CycleBox Fusion:</b> A wonderful fusion of half the session on a cycle and half the session using boxing techniques and moves to create a simple and intense overall workout.	Fitness	Low	High
<b>Fatburner:</b> A choreographed cardiovascular workout incorporating high & low impact moves. Equipment may be used to enhance the work being done. You can choose the level you would like to work at.	Fitness & Muscle Endurance	Medium - High	Low - High
<b>Functional Core:</b> A session dedicated to abdominal work, general core stability and overall muscle flexibility.	Muscle Endurance, Toning & Flexibility Focus On Core	Low	Low



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## BALANCE CITY TIMETABLE | CLASS DESCRIPTIONS continued

<b>Gymstick:</b> A revolutionary piece of equipment that is dedicated to building strength, general core stability and improved balance.	Muscle Strength & Toning	Low	Medium
<b>Heartmoves:</b> A Heart Foundation program that is low to moderate intensity and suitable for people with health conditions, getting into exercise for the first time and/or returning to exercise after some time. We offer Level 1 incorporating seated exercise work, Level 2 which is a more moderate level of work and Heartmoves PLUS which provides more of a challenge for the experienced Heartmoves member.	Health & Wellness	Low	Low - Medium
<b>Interval Training:</b> High energy bursts interspersed with high intensity strength training. Great for muscle tone and strength, and cardiovascular fitness.	Fitness & Muscle Endurance Using Interval Training Methods	Low - Medium	High
<b>Krank:</b> Riding a bike with your arms. This is great fitness and strength workout for your upper body.	Fitness - Arm Power	Low	Medium - High
<b>KrankCycle Fusion:</b> Great fitness and strength workout for your whole body. Half the session on a stationary bike and the other half on the Krank.	Fitness - Powered By The Whole Body	Low	High
<b>Ladies Circuit:</b> Resistance training, moving from station to station on a buzzer or as instructed. A variety of toning and cardiovascular work. Adjustable for any fitness level.	Fitness, Muscle Endurance & Strength	Low	Low - High
<b>Limber:</b> Specialty flexibility training blending elements of Yoga, Pilates and T'ai Chi, using a range of equipment or body weight, focusing on extending your range of movement. A great supplement to your weight and fitness training.	Flexibility, Stability	Low	Low - Medium
<b>Mat Pilates:</b> Exercise system focused on integrating the mind and body to regain balance and control, performed using own body weight and muscle control.	Flexibility	Low	Low-High
<b>Pilates Reformer:</b> Exercise system focused on integrating the mind and body to regain balance and control, performed using the assistance of a "reformer bed" to gain flexibility and muscle control.	Flexibility	Low	Low - High
<b>RPM™:</b> A Les Mills product for the cyclist who likes the formatted workout on a stationary bike	Fitness - Leg Power	Low	High
<b>Step:</b> A step class with high level of instruction on the foundation steps with an aim to keep it interesting and challenging.	Fitness, Power	Medium - High	Medium - High
<b>TotalBody:</b> Great workout for your whole body including hi-lo, step and weights conditioning.	Fitness & Muscle Endurance Using Interval Training Methods	Medium	High
<b>Yoga:</b> Reduce stress and bring a little balance to your life through the practice of posture, breathing techniques, relaxation and meditation. A range of styles are available.	Flexibility, stability, strength, relax - stylised	Low	Low - Medium



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## BALANCE CITY TIMETABLE | SPECIAL AND SEASONAL EVENTS

**Group Personal Training:** The added bonus of having your own Personal Trainer to provide variety is critical for that extra bit of motivation. Seasonal programs are offered throughout the year, delivered by Personal Trainers and Instructors to bring you together in a small group to give your exercise routine that boost. Additional cost involved and varies according to the program. Some of these specialised sessions may include:

**Functional Training:** A circuit-style session, focusing primarily on accurate technique for human movement. This is a great session for stability and strength.

**Inspiration Training:** A specialised session, focusing on blending inner harmony with physical well-being. May incorporate elements of meditation, outdoor appreciation and yoga.

**Balance Special Events:** Events throughout the year will be organised as part of Balance Health Clubs commitment to your health and well-being progress. At times these events can give you something to “train for”, provide a fun or competitive aspect to your exercise program. Events like the Balance Triathlon or Newcastle community fun runs etc will be added to our calendar, with which you may like to get involved. Additional costs would apply and will vary according to the event.

**Meditation:** “Plant the seed of meditation and reap the fruit of peace of mind.” - Remez Sasson. These sessions will be delivered by experts in the field of meditation to provide you with an inner peace and inner strength to deal with your day to day challenges. Additional cost involved with this program.

**Suunto Cycle:** This cycle class provides live feedback on your training efforts and gives a print out of the amount of calories burned and average heart rate zone. Whilst there is no additional cost, bookings essential at reception once dates for sessions announced.



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