

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.

For further information, please visit www.balancehealth.com.au



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593 Hunter Street, Newcastle | P 4907 6600 F 4907 6699 | E info@balancehealth.com.au
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GET A BIT OF BALANCE IN YOUR LIFE

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MY FIRST BALANCE - FUN SIZE SESSIONS for 5-15 year olds

Runs during school term. Holiday Programs will be available during School Holidays and will be promoted mid-term.

MY FIRST BALANCE FUN SIZE SESSIONS	AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8.00 - 8.30						Sports Wall (5-8yrs) <i>Studio 3</i>	
	8.35 - 9.05						Action City (8-12yrs) <i>Studio 1</i>	
	9.10 - 9.40						Action City (5-8yrs) <i>Studio 1</i>	
	PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	3.45 - 4.15	Dance Mat (5-8yrs) <i>Studio 3</i>	Dance Mat (8-12yrs) <i>Studio 3</i>	Sports Wall (12-15yrs) <i>Studio 3</i>	Sports Wall (8-12yrs) <i>Studio 3</i>	Dance Mat (8-12yrs) <i>Studio 3</i>		
	4.20 - 4.50	Sports Wall (8-12yrs) <i>Studio 3</i>	Action City (5-8yrs) <i>Studio 1</i>	Action City (8-12yrs) <i>Studio 1</i>	Dance Mat (5-8yrs) <i>Studio 3</i>	Action City (5-8yrs) <i>Studio 1</i>		
	4.55 - 5.25	Action City (12-15yrs) <i>Studio 1</i>	Sports Wall (12-15yrs) <i>Studio 3</i>		Action City (12-15yrs) <i>Studio 1</i>			
	5.30 - 6.00	Action City (5-8yrs) <i>Studio 1</i>		Sports Wall (5-8yrs) <i>Studio 3</i>				
	6.05 - 6.35	Action City (8-12yrs) <i>Studio 1</i>		Sports Wall (8-12yrs) <i>Studio 3</i>				
6.40 - 7.10	Dance Mat (8-12yrs) <i>Studio 3</i>							



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Fun Scale	Session Name and Brief Description (listed alphabetically): If you are unsure about what is involved, please discuss this with the leader prior to participating in the session.
Super	Dance Mat: A great cardio workout with co-ordination skill development. Can be a contest! Watch the steps and follow with your feet. This session can be set at different levels of difficulty.
Really, Really Cool	Sports Wall: The Sports Wall is great for developing motor skills, ball skills, sense of achievement. This session can improve fitness and the activities can be set at a range of challenge levels. It involves running, jumping, throwing, catching and having a blast.
Awesome	Action City: This circuit-style session gets the kids on fun-size strength training equipment, adventure bikes and kick wall to build up their basic muscle function, co-ordination and general fitness.

*Please note: - Terms and conditions apply to your child's participation in My First Balance sessions. Parental consent is required and a parent must remain on site at Balance City for the duration of the session. Please read the FULL Terms and Conditions carefully when enrolling your child. It is recommended that parents wait outside the studio (whilst remaining on site), unless requested by the leader. You will need to book in and pay for ALL **My First Balance** sessions in advance.*



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