



















# TIMETABLE

## AEROBICS TIMETABLE

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15							
8.45	Fatburner						
9.00							
9.35							
10.05							
10.40				Pilates			
PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4.00							Sunday Sessions
5.30							
6.35		Boxing					

## CYCLE TIMETABLE

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15					Cycle/Abs		
9.30			Cycle				
10.40	Cycle/Boxing						
PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45	Cycle						

## HEARTMOVES, STRENGTH FOR SENIORS AND MATUREMOVERS

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.45		MatureMovers		MatureMovers	Zumba Gold®		
10.40	Heartmoves Level 1						
11.45	Heartmoves Level 2	Strength For Seniors	Heartmoves Level 1		Strength For Seniors		

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## 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	Can improve...	Complexity Guide	Intensity Guide
<b>Boxing:</b> This energetic workout uses a variety of boxing techniques incorporating focus pads and gloves with intervals training drills.	Fitness, Strength	Low	Medium-High
<b>Cycle:</b> An intensive fast paced workout on a stationary bike in our brand new cycle room.	Fitness, Leg Strength	Low	Medium-High
<b>Cycle Abs:</b> An intensive fast paced workout on a stationary bike in our brand new cycle room. Add an abdominal and core workout for a truly epic class.	Fitness, Leg Strength, Core Strength	Medium	Medium-High
<b>Cycle Boxing:</b> Join us for a 30 minute cycle class followed by an intense boxing workout in our new Boxing Room!	Strength, Cardio Fitness & Endurance	Medium	Medium-High
<b>Fatburner:</b> This class is designed to promote weight loss and obtain overall results. A class that people of all levels of fitness will enjoy, targeting the fat stores of the body.	Fitness and Muscle Endurance	Low	Low-Medium
<b>Heartmoves:</b> Suitable for people with health conditions, getting into exercise for the first time and/or returning to exercise after some time. Level 1 incorporates seated work. Level 2 is a more moderate level of work for people comfortable in Level 1. Level 2 provides more of a challenge for the experienced Heartmoves member.	Health and Wellness	Low	Low
<b>Les Mills Body Attack™:</b> A simple high intensity interval training class, combining athletic aerobic movements with stabilisation exercises.	Fitness, Strength	Low	High
<b>Les Mills Body Balance™:</b> A combination of yoga, tai chi, pilates and relaxation. The aim of this class is to strengthen the muscles and relax the mind through various stretching techniques as well as improving flexibility.	Core, Strength, Flexibility	Low	Low
<b>Les Mills Body Combat™:</b> A martial arts based fitness class incorporating the exciting aspects of kick-boxing, karate and boxing. If you're serious about fitness, this one is for you!!!	Fitness, Strength	Low	High
<b>Les Mills Body Pump™:</b> Weights to music, this non-impact barbell based class has been created to condition, shape and tone the entire body. Body Pump is for everyone!!!	Muscle Tone and Strength	Medium	Medium-High
<b>Les Mills Body Step™:</b> An athletic low impact class with movements orientated around a step with varying platform heights. Easy to follow, will improve your fitness and wellbeing, is a great calorie burner and will result in increase of lean muscle mass.	Fitness and Co-ordination	Medium-High	High
<b>MatureMovers:</b> Gentle low impact aerobics for the motivated mature mover.	Health & Wellness	Low	Low
<b>Pilates:</b> Exercise system focused on integrating the mind and body to regain balance and control.	Flexibility, Stability	Low	Low-Medium
<b>Strength For Seniors:</b> As we age, maintaining a level of health and independence is important. The class involves using light weights in a controlled environment and is mainly done sitting down. A must do for all seniors who enjoy life.	Health and Wellness, Strength	Low	Medium
<b>Sunday Session:</b> Instructor choice, either Les Mills Body Attack or Les Mills Body Step or Cycle. Join us this Sunday.	Fitness, Strength and Co-ordination	Medium	High
<b>Zumba®:</b> 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.	Fitness & Co-ordination	Medium-High	Medium-High
<b>ZumbaGold®:</b> For the Zumba beginner and Mature aged participant, ZumbaGold combines beginner moves and lower impact options.	Fitness & Co-ordination	Medium	Medium



## Timetable

Effective from November 2011

### Opening Hours

Monday - Friday • 6.00am - 8.00pm

Saturday • 8.00am - 12.00 Noon

Sunday • 3.00pm - 6.00pm

Child Minding Hours

Monday to Friday • 9.00am - 12.00 Noon

Monday to Thursday • 5.00pm - 8.00pm

Saturday • 8.30am - 12.00 Noon

### Training Information

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.

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

GET A BIT OF BALANCE IN YOUR LIFE

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