

TIMETABLE

AEROBICS TIMETABLE

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 - 7.00		Body Blitz <i>Rebecca</i>	 <i>Cassie</i>	Body Blitz <i>Mary-Kate</i>			
8.00 - 8.55						Total Body <i>Karina</i>	
9.00 - 9.45						 <i>Nicola</i>	
9.15 - 10.00	Step Moves <i>Lisa</i>	 <i>Lisa</i>	Boxing <i>Will</i>	 <i>Jodie</i>	Fatburner <i>Jess</i>		
10.00 - 10.30		Step <i>Lisa</i>					
10.00 - 10.45				BAT <i>Bec</i>			Pilates <i>Jodie</i>
10.00 - 10.55	Body Blitz <i>Jess</i>		Total Body <i>Lisa</i>			Balance <i>Karina</i>	
10.30 - 11.00		Blitz Express <i>Lisa</i>					
11.00 - 11.55	Balance <i>Jess</i>		Yoga <i>Wendy</i>		Yoga <i>Wendy</i>		
PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4.00 - 5.00							Balance <i>Will</i>
4.30 - 5.00	Mix 'N' Match Fatburner <i>Lisa</i>						
4.30 - 5.15		 <i>Lisa / Jodie</i>	 <i>Lisa</i>		BAT <i>Nicola</i>		
4.30 - 5.25				Body Blitz <i>Michelle</i>			
5.00 - 5.30	Mix 'N' Match Step <i>Lisa</i>						
5.00 - 5.45						Body Blitz <i>Mary-Kate</i>	
5.30 - 6.15			Step <i>Karina</i>	Fatburner <i>Michelle</i>	 <i>Nicola</i>		
5.30 - 6.25	Boxing <i>Jen S.</i>	Body Blitz <i>Jen L.</i>					
6.30 - 7.15	Body Blitz <i>Jodie</i>	 <i>Jodie</i>	BAT <i>Elisha</i>				
7.15 - 8.00	Pilates <i>Jodie</i>		Pilates <i>Elisha</i>				

CYCLE TIMETABLE

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 - 7.00		Cycle <i>Mary-Kate</i>					
9.15 - 10.00	Cycle <i>Will</i>			Cycle <i>Ann-Maree</i>			
PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30 - 6.15		Cycle <i>Jodie</i>					
5.30 - 6.30					Cycle Box <i>Julie</i>		
6.00 - 6.45			 <i>Pete</i>				

CIRCUIT TRAINING

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 - 7.00	Circuit <i>Jen L.</i>				Circuit <i>Jen S.</i>		
8.15 - 9.00						Circuit <i>Will</i>	
9.15 - 10.00		Circuit <i>Jodie</i>	Circuit <i>Jess</i>		Circuit <i>Jodie</i>		Circuit <i>Jodie</i>
10.00 - 10.15		Super Stomachs <i>Jodie</i>					
PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12.00 - 12.45	Circuit <i>Jess</i>		Circuit <i>Jodie</i>		Circuit <i>Ann-Maree</i>		
4.00 - 4.45						Circuit <i>Mary-Kate</i>	
4.30 - 5.25		Circuit <i>Will</i>					
5.30 - 6.25			Circuit <i>Elisha</i>	Circuit <i>Jodie</i>			
6.00 - 6.30					Boxing <i>Julie</i>		
6.30 - 7.15	Circuit <i>Karina</i>						

HEARTMOVES, ZUMBA GOLD AND MATUREMOVERS

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00 - 10.45			MatureMovers Circuit <i>Jess</i>		Heartmoves Circuit Lvl 1 <i>Jess</i>		
10.00 - 10.45					Heartmoves Plus <i>Lisa</i>		
10.15 - 11.00	Heartmoves Circuit Lvl 1 <i>Lisa</i>	Heartmoves Circuit Lvl 1 <i>Nicola</i>		Heartmoves Circuit Lvl 1 <i>Ann-Maree</i>			
11.00 - 11.45	Heartmoves Circuit Lvl 2 <i>Ann-Maree</i>	Heartmoves Circuit Lvl 2 <i>Nicola</i>	Heartmoves Circuit Lvl 2 <i>Kathryn</i>		Heartmoves Circuit Lvl 2 <i>Ann-Maree</i>	Heartmoves Plus <i>Ann-Maree</i>	
11.00 - 11.45		MatureMovers <i>Jodie</i>		MatureMovers <i>Kathryn</i>			
PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12.00 - 12.45		 <i>Kathryn</i>			MatureMovers <i>Kathryn</i>		
1.30 - 2.15	MatureMovers <i>Kathryn</i>		MatureMovers <i>Kathryn</i>				
2.30 - 3.15			 <i>Kathryn</i>				
5.30 - 6.15	Heartmoves Circuit Lvl 1 <i>Karina</i>						
6.30 - 7.15				Heartmoves Circuit Lvl 2 <i>Michelle</i>			
7.15 - 8.00		Heartmoves Circuit Lvl 2 <i>Karina</i>					

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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
Balance: Combines Yoga, Pilates & Tai Chi in a gentle low impact, relaxation, stretching & strengthening class that improves flexibility, balance and coordination.	Core, Strength, Flexibility	Low	Low
BAT: (Butts, Abs & Thighs): Class that targets, tightens and firms your bottom, abdominals and thighs.	Muscle Endurance, Toning	Low	Medium
Blitz Express: 30 minutes of Body Blitz.	Muscle, Tone, Strength	Low	High
Body Blitz: Muscle endurance, strength & power workout using your body weight, dumbbells and body bar.	Muscle Tone, Strength	Low	High
BodyAttack™: A simple high intensity interval training class, combining athletic aerobic movements with strength and stabilization exercises.	Fitness, Strength	Medium	Medium-High
Boxing: This energetic workout uses a variety of boxing training drills with a range of equipment.	Fitness, Strength	Low	High
Circuit: Resistance training, moving from station to station on a buzzer or as instructed.	Fitness, Toning	Low	High
Cycle: An intense, fast paced workout on a stationary bike.	Fitness, Leg Power	Low	Medium-High
Cycle Box: Half the session of cycle and half the session boxing.	Fitness	Low	High
Fatburner: Choreographed workout incorporating high/low impact moves. Equipment may be used.	Fitness & Muscle Endurance	Medium-High	Low-High
Heartmoves: 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 and Heartmoves PLUS provides more of a challenge for the experienced Heartmoves member.	Health & Wellness	Low	Low-Medium
MatureMovers: Gentle low impact aerobics for the motivated mature mover.	Health & Wellness	Low-Medium	Low-Medium
Mix "N" Match: Choose one 30 minute class (Fatburner or Step) or make it an hour and do both.	Fitness, Co-ordination	Medium-High	Medium-High
Pilates: Exercise system focused on integrating the mind and body to regain balance and control.	Flexibility, Stability	Low	Low-Medium
Step: High level of instruction on the foundation steps with an aim to keep it interesting and challenging.	Fitness	Medium-High	Medium-High
Step Moves: Advanced choreographed step workout. Previous step experience is essential.	Fitness	High	High
Super Stomachs: Combination of exercises targeting the abdominal area followed by stretching.	Core	Low	Medium
Suunto Cycle: This class provides live feedback from your training efforts and gives a printout of the amount of calories burned and average heart rate zone. Bookings essential at reception.	Fitness, Leg Power	Low	Medium-High
Total Body: Great workout for your whole body including fatburner, step and weights conditioning.	Fitness & Muscle Endurance	Medium	High
Yoga: Reduce stress & bring a little balance to your life through the practice of posture, breathing techniques, relaxation and meditation. A range of styles.	Stylized Strength, Flexibility, Co-ordination	Low	Low-Medium
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.	Fitness & Co-ordination	Medium-High	Medium-High
ZumbaGold@: For the Zumba beginner and Mature aged participant, ZumbaGold combines beginner moves and lower impact options.	Fitness & Co-ordination	Medium	Medium
Zumbatomic@: For children aged 6 -12 years. Incorporating Latin rhythms and easy to follow dance moves. The children shake, wiggle and have a blast while getting fit.	Fitness & Co-ordination	Low-Medium	Low-Medium



Timetable

Effective from November 2011

Opening Hours

Monday - Friday • 6.00am - 9.00pm
 Saturday • 7.00am - 6.00pm
 Sunday • 9.00am - 6.00pm

CHILD MINDING HOURS

Monday, Wednesday & Friday • 9.00am - 1.00pm
 Tuesday & Thursday • 9.00am - 12.00 Noon
 Saturday • 8.00am - 12.00 Noon
 Monday, Tuesday, Wednesday & Friday • 3.30pm - 6.30pm

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 minimise the risk of injury and save disruption to the class. Participants that arrive late to a class will be unable to participate. Class passes are available at reception - NO PASS, NO CLASS.

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

GET A BIT OF BALANCE IN YOUR LIFE

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