


# TIMETABLE



## AEROBICS TIMETABLE

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05 - 7.00		Body Blitz <i>Kahlia</i>		Boxing (45 minutes) <i>Jodie</i>			
6.30 - 7.00					Cardio Camp <i>Melissa</i>		
9.00 - 9.55						Body Blitz <i>Julie</i>	
9.15 - 10.00	Body Blitz <i>Jodie</i>	BAT <i>Ann-Maree</i>	Boxing <i>Jodie</i>	Step <i>Donna</i>	 <i>Mary-Kate</i>		
10.00 - 10.30		Cardio Camp <i>Melissa</i>					
10.00 - 10.45	 <i>Donna</i>		Body Blitz (55 minutes) <i>Jodie</i>	Cardio Core <i>Melissa</i>	BAT <i>Mary-Kate</i>		
11.00 - 11.30		Jittabugs <i>Melissa/ Amanda</i>		Jittabugs <i>Melissa/ Kahlia</i>			
11.00 - 11.45			Heartmoves for MS <i>Tifanie</i>		Heartmoves Level 1 <i>Amanda</i>		
11.30 - 12.00		Jittabugs <i>Melissa/ Amanda</i>		Jittabugs <i>Melissa/ Kahlia</i>			
PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12.00 - 12.45	Heartmoves Level 1 <i>Amanda</i>		Heartmoves Level 1 <i>Tifanie</i>		Heartmoves Plus <i>Amanda</i>		
1.00 - 1.45	Heartmoves Level 2 <i>Amanda</i>		Heartmoves Level 2 <i>Tifanie</i>				
4.00 - 4.55							Body Blitz <i>Kahlia</i>
4.30 - 5.15	 <i>Donna</i>						
4.30 - 5.25			Body Blitz <i>Jess</i>				
5.00 - 5.30		Mix N Match Fat Burner <i>Donna</i>		Cardio Camp <i>Mary-Kate</i>			
5.00 - 5.45					 <i>Donna</i>		
5.30 - 6.00		Mix N Match Step <i>Donna</i>					
5.30 - 6.15			Boxing <i>Jess</i>	 <i>Mary-Kate</i>			
5.30 - 6.25	Body Blitz <i>Melissa</i>						
6.00 - 6.25		Crunch N Stretch <i>Bec</i>					
6.00 - 6.45					Pilates <i>Ngaire</i>		
6.15 - 6.30				Crunch N Stretch <i>Mary-Kate</i>			
6.30 - 7.25	 (45 minutes) <i>Donna</i>	Boxing <i>Bec</i>	 <i>Jodie</i>	 (45 minutes) <i>Elisha</i>			
7.15 - 8.10	Yoga <i>Ngaire</i>						

## AQUA AEROBICS TIMETABLE

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 - 7.45		Aqua Aerobics <i>Kahlia</i>	Hydro Circuit <i>Tifanie</i>	Aqua Circuit <i>Karina</i>			
7.30 - 8.15						Aqua Circuit <i>Jacqui</i>	
8.45 - 9.30					Aqua Circuit <i>Kahlia</i>		
9.00 - 9.45	Aqua Aerobics <i>Tifanie</i>						
10.30 - 11.15	Hydro Circuit <i>Tifanie</i>	Aqua Circuit <i>Ann-Maree</i>	Aqua Aerobics <i>Donna</i>	 <i>Donna</i>			
PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 - 6.45	Aqua Aerobics <i>Ann-Maree</i>	Aqua Circuit <i>Brianna</i>	Aqua Aerobics <i>Kahlia</i>	Hydro Circuit <i>Tifanie</i>			

## GROUP CYCLING (STUDIO 2) & XTRAINING (MIXED STUDIO)

AM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05 - 7.00	Cycle <i>Sergio</i>		Cycle <i>Sergio</i>		Cycle Cardio <i>Melissa</i>		
8.00 - 8.55						Cycle <i>Julie</i>	
9.00 - 9.45							 <i>Sergio</i>
9.15 - 10.00				Cycle <i>Kahlia</i>			
9.30 - 10.30		Cycle Cardio <i>Melissa</i>					
PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4.30 - 5.30				Cycle Cardio <i>Mary-Kate</i>			
4.45 - 5.30	Cycle <i>Kahlia</i>		Cycle <i>Jodie</i>				
5.00 - 5.45							Cycle <i>Kahlia</i>
5.30 - 6.25		Cycle Crunch <i>Bec</i>			Cycle (45 minutes) <i>Tifanie</i>		
5.45 - 6.30			Cycle <i>Jodie</i>				
6.00 - 6.45	Cycle <i>Julie</i>						
6.30 - 7.15		 <i>Sergio</i>		Cycle <i>Mary-Kate</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
<b>Aqua Aerobics:</b> Aerobic workout using the resistance of the water with little impact and stress on your joints.	Fitness Toning	Low-Medium	Medium
<b>Aqua Circuit:</b> Move between stations along the pool using the resistance of the water, noodles and dumbbells.	Fitness Toning	Low-Medium	Medium
<b>Aqua Zumba@:</b> Known as the "pool party". Aqua Zumba combines the Zumba formula with traditional aqua fitness in a safe, challenging water based workout.	Fitness Toning	Medium	Medium
<b>BAT: (Butts, Abs &amp; Thighs):</b> Class that targets, tightens and firms your bottom, abdominals and thighs.	Muscle Endurance, Toning	Low	Medium
<b>Body Blitz:</b> Muscle endurance, strength & power workout using your body weight, dumbbells and body bar.	Muscle Tone, Strength	Low	High
<b>BodyAttack™:</b> A simple high intensity interval training class, combining athletic aerobic movements with strength and stabilization exercises.	Fitness, Strength	Medium	Medium-High
<b>Boxing:</b> This energetic workout uses a variety of boxing training drills with a range of equipment. Please purchase your own glove inners for hygiene reasons. Available at reception for \$3.	Fitness, Strength	Low	High
<b>Cardio Camp:</b> Cardiovascular workout based on military style training.	Fitness, Strength	Low	High
<b>Cardio Core:</b> A cardiovascular workout packed with hard – core training using free weights, Bosu®, Fitball and medicine balls to enhance deep core abdominal control as well as outer muscle strength and definition.	Fitness, Core Strength	Low	Medium-High
<b>Cycle:</b> An intense, fast paced workout on a stationary bike.	Fitness, Leg Power	Low	Medium-High
<b>Cycle Cardio:</b> 30 minutes of cycle combined with 30 minutes of cardio camp.	Fitness	Low	Medium-High
<b>Cycle Crunch:</b> 30 minutes of cycle followed by 25 minutes crunch & stretch in Studio 1.	Fitness, Leg Power, Core	Low	Medium-High
<b>Crunch &amp; Stretch:</b> Designed to target the abdominal area and increase flexibility.	Core, Flexibility	Low	Medium
<b>Fatburner:</b> Choreographed workout incorporating high/low impact moves. Equipment may be used.	Fitness & Muscle Endurance	Medium-High	Low-High
<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 and Heartmoves PLUS provides more of a challenge for the experienced Heartmoves member.	Health & Wellness	Low	Low-Medium
<b>Heartmoves for MS:</b> Uses the Heartmoves guidelines to provide safe and effective exercises to help build and maintain strength and fitness for those diagnosed with multiple sclerosis.	Health & Wellness	Low	Low-Medium
<b>HydroCircuit:</b> Aqua circuit incorporating the Hydridorider Aquabikes. Joggers or aqua boots must be worn.	Fitness, Toning	Low	Medium
<b>Jittabugs:</b> For children 2 - 5 years. Activities include using parachutes, balls, scarves and obstacle courses.	Co-ordination, General Fitness	Low	Low
<b>Mix "N" Match:</b> Choose one 30 minute class (Fatburner or Step) or make it an hour and do both.	Fitness, Co-ordination	Medium-High	Medium-High
<b>Pilates:</b> Exercise system focused on integrating the mind and body to regain balance and control.	Flexibility, Stability	Low	Low-Medium
<b>Step:</b> High level of instruction on the foundation steps with an aim to keep it interesting and challenging.	Fitness	Medium-High	Medium-High
<b>Suunto Cycle:</b> 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
<b>Yoga:</b> Develop strength, flexibility and coordination, reduce stress & bring a little balance to your life through the practice of posture, breathing techniques, relaxation and meditation.	Stylized Strength, Flexibility, Co-ordination	Low	Low-Medium
<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



## Timetable

Effective from November 2011

### Opening Hours

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

### CHILD MINDING HOURS

Monday - Friday • 8.00am - 1.00pm  
Monday - Thursday • 3.00pm - 7.30pm  
Saturday • 8.00am - 12.00 Noon

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

Ask one our expert team members for assistance.

### 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 the ticket kiosk - NO PASS, NO CLASS.

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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