

Offering a comprehensive range of corporate health, team development and health promotion services the **Absolute Balance** mission is to provide you with excellent guidance, motivation and ongoing education in the aim of maximising your health, fitness and lifestyle.

Congratulations....

As a tenant at the Forrest Centre, you receive all of the facilities and services outlined in this brochure for **FREE!** That's right; all that's required is a little bit of motivation and a phone call or an email.

HOW TO GET STARTED

YOUR FIRST ASSESSMENT

Your assessment helps to identify health risk factors, outline short term and long-term goals and monitor progress toward goal achievement. Assessment includes height, weight, body composition analysis, body measurements, abdominal endurance and low back function, flexibility and a tri-level fitness measurement.

Following your assessment a personalised programme will be designed based on your health and sports related goals.

RE-ASSESMENTS

Re-assessments are required every three months to monitor improvements and to track your progress.



YOUR FIRST WORKOUT

A one-on-one session with one of our fitness consultants will guide you through your individually designed exercise programme. This will ensure you know how to use the equipment safely and effectively.

WHAT TO BRING/WEAR

Comfortable clothing, exercise appropriate footwear and a sweat towel is essential.

YOUR FACILITIES

- Fully equipped gymnasium including free weights, variable resistance machines and cardiovascular training equipment
- 28.5 m, 4 lane pool
- Tennis/Basketball court with lights
- Bicycle rack (for commuting purposes)
- Male and female change room and bathroom facilities.

SWIMMING POOL

The pool is available for you to use at your pleasure or to click over the laps during your lunch break. Look out for fun and effective aqua circuits throughout the summer!

Please Note – The pool is closed for cleaning Tuesday and Thursday 9.30am-12 noon.

TENNIS/BASKETBALL COURT BOOKINGS

The tennis court can be booked on Friday for the following week. Call the gym on 9322 5763 to make your booking.

PERSONAL TRAINING

Personal training is the best way to achieve your fitness/body shape goals. A personal trainer provides you with the most effective and safest training methods, motivation, variety and dietary advice. Our friendly instructors are experienced and offer the personalised service you've come to expect of Absolute Balance. No matter what your fitness level is, make personal training part of your exercise arsenal.



Don't pay \$88+ for a PT session outside the Forrest Centre, our price for a 1 hour session is \$70 per session or 30 minutes for \$50 per session.

**For appointments call
9322 5763
or email
fcgym@bigpond.net.au**

OUR SERVICES

- Qualified and experienced gym instructors.
- Personalised health and fitness assessments.
- Extensive range of health and fitness information.
- Aerobics, stretch, yoga, boxing and circuit classes.
- Events and competitions.
- Health and fitness seminars and promotions
- Injury Prevention & Rehabilitation Services (see website for information)

ABSOLUTE BALANCE

Gym Hours

6.30am - 7.00pm

Monday - Friday



Group Class Timetables

***ALL CIRCUIT CLASSES ARE DESIGNED FOR ALL FITNESS LEVELS**

	Monday	Tuesday	Wednesday	Thursday	Friday
7.00am - 7.45am	EARLY BIRD CIRCUIT	STRETCHING/ CORE CLASS		EARLY BIRD CIRCUIT	
12.00pm - 1pm	YOGA / STRETCH				
12.05pm - 12.50pm		AEROBIC CIRCUIT	CIRCUIT CLASS		CIRCUIT
12.15pm - 12.45pm				LUNCH TIME EXPRESS	
1pm - 2pm			YOGA / STRETCH		



www.absolutebalance.com.au

ESSA
EXERCISE & SPORTS SCIENCE AUSTRALIA
ACCREDITED EXERCISE PHYSIOLOGIST

Contact Us

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