

Welcome...

Absolute Balance welcomes you to the NEWSPAPER HOUSE FITNESS CENTRE, your complete workplace gym and recreation center.

Managed by **ABSOLUTE BALANCE**, our aim is to satisfy the corporate health and fitness needs of Seven West Media WA Employees.

OUR FACILITIES

Apart from the convenience of being located at your workplace, the staff from **ABSOLUTE BALANCE** provide you with a wide range of facilities and services such as

- Fully equipped gymnasium including free weights and variable resistance, machines and cardiovascular equipment
- Complimentary personalised fitness programmes
- Qualified and experienced gym instructors
- Events and competitions
- Health and Fitness lectures, promotions for your individual corporate health needs

Additional services include (fees



apply)

- Personal Training / Group Training / Team Development
- Additional fitness / health testing – cholesterol, bloods, spinal evaluation, coronary risk assessment, lung function etc
- Discount rates for Yoga / Stretch Classes / Walking and Circuit classes
- Exercise rehabilitation programs
- Dietary Analysis
- Prevention / Education Programs
- Adventure / Extreme Activities
- Ergonomic Assessments

GETTING STARTED

Physiological assessments and follow up gymnasium programs and induction tours are required before beginning an exercise programme and receiving an access card to the Fitness Centre. These are made available through qualified **ABSOLUTE BALANCE** Fitness Centre staff.

YOUR ASSESSMENT

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

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

RE-ASSESSMENTS

Re-assessments are required every three months to monitor improvements, make additional adjustments to your fitness programme and to ensure access to the Fitness Centre is continued.

For appointments call 9482 3238 or

email Absolute Balance on the Intranet.
absolute.balance@wanews.com.au

FITNESS CENTRE HOURS

The Fitness Centre is open 24 hours a day; however an access card will only be awarded to those who successfully complete a fitness assessment and induction program. Additionally all users must abide by the rules and regulations of the facility, otherwise access can be suspended or terminated.

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absolute.balance@wanews.com.au

We are here for YOUR benefit and
the benefit of YOUR workplace.

Contact Us

P: (08) 9482 3238

E: absolute.balance@wanews.com.au

FOR ALL SEVEN WEST MEDIA WA EMPLOYEES

All Fitness Centre facilities and services are complimentary to all employees of Seven West Media WA ONLY. Should you require any further assistance with your corporate health program, team development and personal development (or) if you would be interested in a lecture, seminar or health promotion for your department / workplace, please contact **ABSOLUTE BALANCE** on 9244 5580 or check out our website www.absolutebalance.com.au

We are on site at the following times:

Monday: 11:00am - 4:00pm

Tuesday: 6:00am - 10:30am & 12:00pm - 6:00pm

Wednesday: 6:00am - 10:00am

Thursday: Office Closed

Friday: Office Closed

RULES AND REGULATIONS

1. Fitness Centre users must undergo a health and fitness assessment with an Absolute Balance instructor to gain access to the facility.



2. Fitness Centre users must partake in an induction to the gym equipment and procedures with an Absolute Balance instructor to gain access to the facility.

3. Fitness Centre users must undergo a health and fitness re-assessment every three months to maintain their access to the facility.

4. Your access card only allows YOU to enter the Fitness Centre.

5. Sweat towels must be used when exercising.

6. Exercise shoes and clothing must be worn at all times in the Fitness Centre. Please note: Access will be cancelled if usage is abused.

