

## Congratulations...

As a member of Staff Amenities at Royal Perth Hospital all of the facilities and services outlined in this brochure are covered in your Staff Amenities membership fee. That's right; all that's required is a little bit of motivation and a phone call to contact Staff Amenities.

## 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/s 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.

## 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.

When using gym facilities it is compulsory to have a health and fitness assessment. This comes at no cost.

## YOUR FACILITIES

- Fully equipped gymnasium including free weights, variable resistance machines and cardiovascular training equipment
- 25m heated pool
- Tennis court with lights
- Squash Courts
- Bicycle rack (for commuting purposes)
- Male and female change room and bathroom facilities
- Locker facilities

Bookings for squash and tennis courts are taken one week in advance by Staff Amenities on ext. 42355 or email:

[RPH.StaffAmenitiesAdmin@health.wa.gov.au](mailto:RPH.StaffAmenitiesAdmin@health.wa.gov.au)

information.

- Functional stretch, yoga, boxing and circuit classes.
- Events and competitions.
- Health and fitness seminars and promotions
- Injury Prevention & Rehabilitation Services (see website for information)

**For membership enquiries please contact the SAF Admin Office**  
**Ph: 9224 2355**

**Email :**

[rphstaffamenitiesadmin@health.wa.gov](mailto:rphstaffamenitiesadmin@health.wa.gov)



## OUR SERVICES

- Qualified and experienced Health and Fitness Consultants.
- Individual health and fitness assessments.
- Personalised health and fitness assessments.
- Extensive range of health and fitness

**For assessment bookings and personal training enquiries please contact the Gym Office.**

**Ph: 9224 1640**

**E: [rphlockers@absolutebalance.com.au](mailto:rphlockers@absolutebalance.com.au)**

## Absolute Balance Gym Hours

Monday	Tuesday	Wednesday	Thursday	Friday
11am-6pm	7am-10am	12am-7pm	7am-11am	6:30am-10:30am
			11am-4pm	

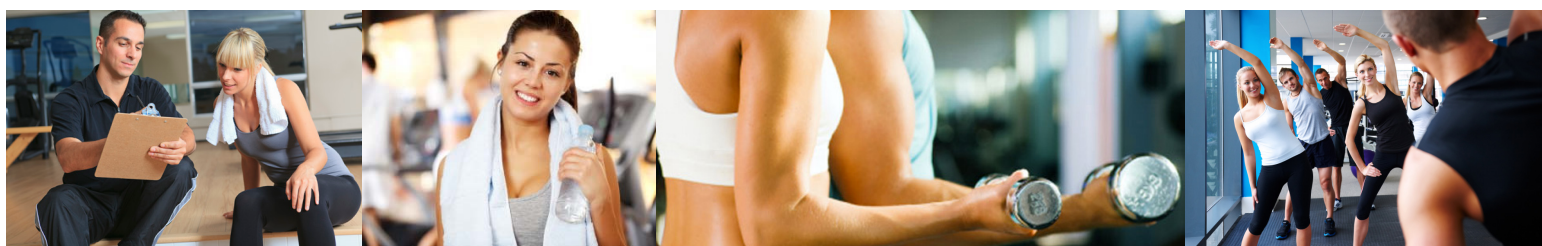


# Group Class Timetables

\*All circuit classes are designed for all fitness levels

## Wellington Street Campus

	Monday	Tuesday	Wednesday	Thursday	Friday
7.05am - 7.50am		CIRCUIT/CORE		CIRCUIT/CORE	
12.05pm - 12.45pm	BOXING / CORE		WEIGHT / CIRCUIT		
12.15pm - 1pm		YOGA		YOGA	
3.15pm - 4pm	FUNCTIONAL CORE / CIRCUIT			FUNCTIONAL CORE / CIRCUIT	
5.15pm - 6pm	WEIGHT / CIRCUIT		WEIGHT / CIRCUIT		



### Contact Us

Gym 9224 1640 (During Gym Hours Only)  
Appointments and Bookings  
P: 9224 1640  
E: rphlockers@absolutebalance.com.au