

# Sir Charles Gairdner Hospital Gymnasium

## Congratulations...

As a staff member of Sir Charles Gairdner Hospital all of the facilities and services outlined in this brochure (including group fitness classes) are covered in your staff gym membership fee. That's right; all that's required is a little bit of motivation and an email to your Social Club Administrator.



## HOW TO GET STARTED..... YOUR FIRST ASSESSMENT

A first 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,

abdominal endurance and lower 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 completed a health and fitness assessment. For all appointments please email: [socialclub.scgh@health.wa.gov.au](mailto:socialclub.scgh@health.wa.gov.au)

## YOUR FACILITIES

- Fully equipped gymnasium including free weights, variable resistance machines and cardiovascular training equipment
- Male and female change room and bathroom facilities
- Locker facilities

## OUR SERVICES

- Complimentary Group Fitness Classes
- Qualified and experienced Health and Fitness Consultants.
- Individual health and fitness assessments.
  - Personalised health and fitness programmes.
  - Extensive range of health and fitness information.
  - Yoga, boxing and bootcamp circuit classes.
  - Events and competitions.
  - Health and fitness seminars and promotions
  - Injury Prevention & Rehabilitation Services (see [www.absolutebalance.com.au](http://www.absolutebalance.com.au) for information)

**F**or appointments  
email: [socialclub.scgh@health.wa.gov.au](mailto:socialclub.scgh@health.wa.gov.au)



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**ABSOLUTE BALANCE**  
Injury Rehabilitation & Corporate Health Services

## Absolute Balance Gym Hours

Monday	Tuesday	Wednesday	Thursday	Friday
	6:00-9:00am			
		11:00-2:00pm		11:00-2:00pm
4:00-7:00pm			3:00-6:00pm	



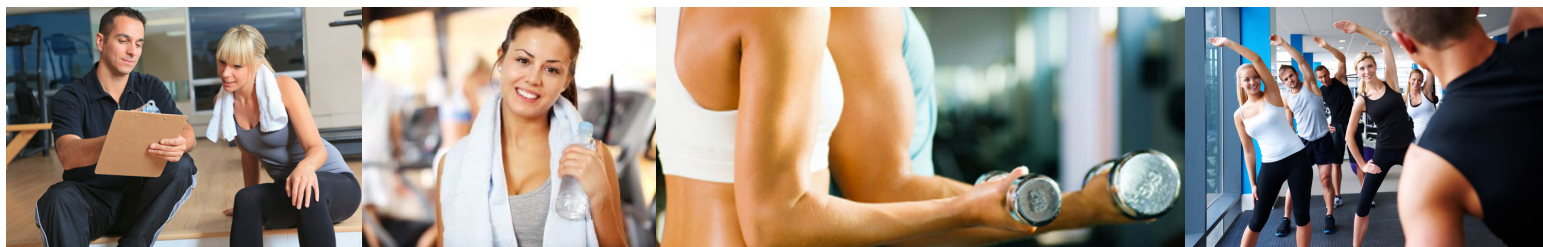
**"6"** Complementary Group  
Fitness Classes Per Week!



## GROUP CLASSES

Please see Charlie's Social Club Website for the most recent class timetable

<http://www.scghsocialclub.org/>



[www.absolutebalance.com.au](http://www.absolutebalance.com.au)

### Contact Us

Appointments and Bookings  
E: [socialclub.scgh@health.wa.gov.au](mailto:socialclub.scgh@health.wa.gov.au)