

# Fiona Stanley Hospital Gymnasium

## Congratulations...

As a staff member of Fiona Stanley 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 sub-maximal 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:  
FSH.socialclub@health.wa.gov.au  
OR Call Ext. "24 GYM"

## 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
- Located in Staff Amenities

## 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)

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## ABSOLUTE BALANCE Gym Hours

Monday	Tuesday	Wednesday	Thursday	Friday
	6:00-12:00pm		6:00-12:00pm	
	12:00-4:00pm	12:00-6:00pm		



9 Complementary Group Fitness Classes  
 Per Week!

## Group Class Timetable

ALL CIRCUIT CLASSES ARE DESIGNED FOR ALL FITNESS LEVELS

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am - 7:00am		BOOTCAMP		BOOTCAMP	
11:30pm - 12:00pm				Work Function Training (WFT)	
12:00pm - 1:00pm		Work Function Training (WFT)	Work Function Training (WFT)		
4:00pm - 4:30pm			Work Function Training (WFT)		
4:45pm - 6:00pm		YOGA	BOXING	YOGA	



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

Contact Us  
 FSH Social Club Coordinator  
 (08) 6152 5781

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