



CORE Gyball Term 4

Merry Christmas!

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What a wonderful year 2010 has been. Thanks for sharing our 6th birthday with us, helping us welcome Amy's beautiful girl, Emily Charlotte, and enjoying the preparations and pictures of the weddings of our physios Miriam (to Gary) and Louise (to Andrew)! What an exciting year!

On the gyball front we have enjoyed many great classes, done lots of good learning and mastered more challenging exercises as we added the rollers and other new and exciting gyball exercises. Our cardio team has been busy with their 80's and 50's theme nights, Fit for Summer and Miriam's awesome classes in the park with the kids.

We are proud to report that Core Gyballers have raised over \$3000 for charities this year—our rewards prizes have supported the Breast Cancer Network Australia and Motor Neurone Disease Association. Thursday mornings classes ran the Biggest Morning Tea for Cancer Research, and our term 4 t-shirts and raffle have supported Cancer Council's Pink Ribbon Day. Thanks to everyone for your support. It is wonderful to see what a huge impact we can have. We hope you all have a wonderful Christmas break and we look forward to working with you again in 2011. Warmest Christmas wishes, Natasha, Amy, Claire, Louise and Miriam



Pelvic Floor Workshops 2011

We are happy to announce that we will be presenting some extra workshops at Menai in 2011 on Monday evenings. We hope this allows more women access to this valuable workshop.

2011 Dates @ Menai;

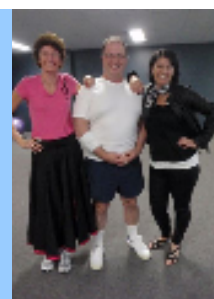
- Saturday 26th Feb, 28th May, 13th August, 19th Nov. 1—4.30pm
- Monday 11th April, Mon 4th July. 6-9pm

NEWS FLASH... we are excited to announce that we have been asked to present the Pelvic Floor Workshop at Fernwood Women's Gyms in Miranda and Beverly Hills in 2011.

FREE class for New Gyballers! Keep your eyes peeled for our January Free Pass. We will have passes available at the end of this term for you to give to friends or relatives to try a Core class in January for FREE. All they need to do is ring and book their spot and bring their pass.



Thursday
Cardio
1950's
Theme
Night!!



First Aid 2011

Following our successful (and even enjoyable!) first aid course, and at the request of several gyballers, we have organized 2 courses to be run from the Core studio in 2011. It is a fully accredited first aid and CPR course.

Sat 19th March 12-5pm or Sat 11th June 12-5pm Cost \$130

The course involves an online workbook (approx 2-3hrs) and then a 5 hour practical (pick either date above). The course is run by Rachael Cramond, accredited through Allen's Training.

We can't recommend it enough... Miriam used the course twice in the 24hrs following our training!



What's on in 2011?

At Core Gymball we now have so many things running it can be hard to keep up! We thought we'd take this opportunity to let you know what will be happening in 2011 and a bit about the different classes. All our classes are 1 hour, are run by physiotherapists in small groups and all are claimable under private health cover.

Core Gymball Classes

There are 13 core gymball classes a week. These classes focus on core stability, toning and stretching. They offer a full body work out which is controlled and well supervised and the small classes mean adjustments are easily made to cater for injuries or individual needs. A great, well balanced exercise class.



Core Cardio Classes

In the studio... There are 3 cardio classes run in the studio each week. These classes are run by physiotherapists, class sizes are small and individual injuries are catered for. Cardio classes incorporate boxing, weights and strength work for a full body work out which gets you sweating!

In Menai Park... There are 3 classes a week in

Menai Park. These are low impact cardio classes for women and have two assistants to help with young children so Mums can exercise. These classes are running on Monday and Friday mornings in 2011.



Core Cycling Class—Wednesdays 6.30pm

We often get asked what this class is all about! This is an advanced gymball class which caters for athletes. It was originally set up as mainly cycling enthusiasts, but also has a mix of runners, touch footballers and other sports thrown in! It is a challenging class which has a lot of fun along the way.

Term 1 Class Timetable 2011

Term 1 Gymball focus is "Why Posture Matters" Classes recommence from Monday 10th January 2011

Gymball Classes		Cardio Classes		
Monday	5.15 pm	Tuesday	5.30pm	
	6.30 pm		Thursday	7.40 pm
	7.45pm			Saturday
Tuesday	9.15 am	Women's Cardio in the Park		
	6.30 pm	Venue; Menai Park		
	7.45 pm	Monday	9.30am	
Wednesday	5.30 pm	Friday	9.30am and 10.30am	
	6.30 pm		All classes are 1 hour in duration	
	7.45pm			
Thursday	9.15 am			
	10.30 am			
	6.30pm			
Saturday	9.15 am			