



CORE Gymball Term 3

Fit For Summer 2010 IS HERE!

We are very excited to announce that Fit for Summer is coming up soon. This enjoyable 8 week program will kick off on Saturday 16th October. This is NOT a boot camp, but a really enjoyable, well supervised fitness program run by our physiotherapists in Menai Park.

- **Saturday mornings 8-9.15am in Menai Park**
- **8 weeks (16th Oct—4th Dec)**
- Mix of light weights, strengthening, cardio & boxing exercise
- Supporting the cancer council with our 2010 program t-shirts
- Cost \$180 includes program t-shirt and show bag (receipts issued for group physio for claiming through health funds)



This year we will give you the option to put yourself in a 'low impact' exercise group—that means no running or jumping. So if you have injuries, back or knee pain or pelvic floor concerns this is a great group to join to get fit but to do so safely!



Bookings essential—non gymballers also very welcome

Lots of Class News!

Classes have been very busy with news this term!

- Congratulations to Karen from Monday night who made the representative squad for dragon boat racing
- Congratulations to Esther on her wedding in August—the class has really enjoyed sharing your wedding prep news each week
- Congratulations to Jared from Wed night on a successful 6 weeks cycling racing in the USA.
- Good luck to Julia from Monday night who is moving to Canada for work. May you have a wonderful adventure
- Good luck to Cassie from Wednesday night and Clare from Tuesday night who are expecting beautiful bubs soon
- Good luck wishes to Ashleigh Ankudinoff from Wed 6.30pm cycling class who will be competing in the Commonwealth Games in track cycling. Go get them Ash!
- Good luck to our physiotherapist Amy who is expecting her first baby in mid October. Amy will be staying with us up until baby arrives and then having a few weeks off before rejoining her classes. All the very best wishes Amy, we look forward to hearing the news!



Holiday Nutrition Talk
Tuesday 28th Sept 6.30pm
 First Tuesday of these holidays Alex McClelland will speak about
"High and Low GI - What is all the fuss about?"
 More details over page

Price Change (Oct 2010)

\$200	10 visit pass
\$22	Casual
Students and Pensioners	
\$180	10 visit pass
\$20	Casual

Last Workshop for 2010

Pelvic Floor Workshop—Saturday 20th November

A must attend workshop for all women! Research shows that 84% of women who leak when they cough, sneeze, run, jump are cured with physiotherapy. Learn all about pelvic floor strengthening, bladder and bowel, prolapsed and surgery. You are not alone... did you know that 41% of elite athletes also have pelvic floor issues? Join us for one full afternoon, Saturday 1 – 4.30pm. Cost \$90.

High and Low GI— What is all the fuss about?

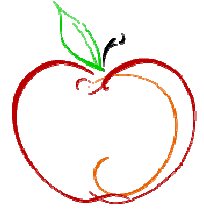
What is GI or Glycemic Index?

Why is it important?

How can it benefit me?

Join us for a detailed look at how GI can help you

- control weight
- prevent chronic disease (heart disease, diabetes, hypertension)
- control 'cravings'!



These holidays enjoy another educational and enjoyable evening with dietitian Alex McClelland.

This talk applies everyone, whether you want to lose weight, feel fuller for longer, have more energy or simply be aware of the affect that food has on your blood sugars. Please let us know if you're coming.

Cost \$30 or Punch your card +\$10.

Tuesday 28th September (first week of the holidays) 6.30pm—8pm



Core Gymball is Turning 6!

A big thank you to all our wonderful gymballers for your dedication & loyalty and for all the great times we have shared over the past 6yrs.

We look forward to celebrating our 6th birthday with classes in week one of next term. Don't miss it!

Congratulations Amy—Women's Health Physio

Congratulations to Amy for completing her training to become a Women's Health Physiotherapist.

Amy has completed 2 courses this term and will now be involved with running our Pelvic Floor Workshops and private consults.

Term 4 Class Timetable 2010

Term 4 Gymball strength focus is 'Arms and Necks'

Classes recommence from **Monday 11th October**. **Don't miss our week 1 birthday celebrations!**

Gymball Classes		Cardio Classes	
Monday	5.15 pm 6.30 pm 7.45pm	Tuesday	5.30pm
Tuesday	9.15 am 6.30 pm 7.45 pm	Thursday	7.40 pm
Wednesday	5.30 pm 6.30 pm 7.45pm	Saturday - Fit for Summer	8 am—Menai Park
Thursday	9.15 am 10.30 am 6.30pm	Women's Cardio in the Park	
Saturday	9.15 am	Venue; Menai Park	
		Tuesday	9.30am
		Friday	9.30am and 10.30am
		All classes are 1 hour in duration	