

September 2009



CORE Gymball Term 3

NEW Core Studio!!

We are very excited to announce that we are moving across the road to our very own studio from week 1 of next term. After two great years sharing with Elite Physio we both needed more room and unfortunately couldn't find a premises big enough to accommodate both businesses. So, Core Gymball is moving to a lovely studio across the road— **Unit 18, 800-812 Old Illawarra Rd, Menai** (in the same complex as the Martial Arts, Bully Beef and next door to Urban Life Church). Enter the complex from Old Illawarra Rd. Parking is available in the complex or along Old Illawarra Rd. It has brand new carpet, a funky paint job (well it will have very soon!), and more space to bounce balls and exercise in comfort. We look forward to being able to offer more classes, more space and an even better exercise environment.

We can't wait for you to become part of the new look Core Gymball studio week 1 of next term!

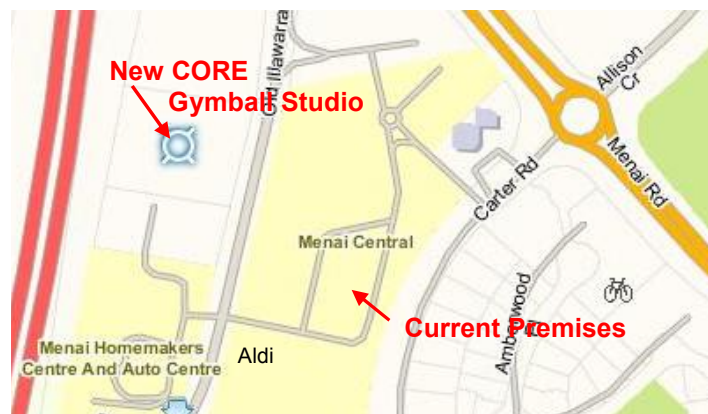
NEW Gymball Class

Starting 22nd October

Thursdays

6.30pm—7.30pm

Please let us know if you'd like to add a second class and please spread the word as we have plenty of spots available. Thank you!



Term 4 Timetable

Classes for term 4 start on Monday 19th October from the new studio!

Monday 5.15 pm Teens

6.30 pm

7.45pm

Tuesday 9.15 am

6.30 pm

7.45 pm

Wednesday 5.30 pm

6.30 pm

Cyclists & Runners

7.45pm

Thursday 9.15 am

10.30 am

6.30pm

NEW time

Saturday 9.15 am

Cardio Classes (Men and Women)

Thursday 7.30 pm

Saturday (Get Fit For Summer Term 4) 8 am—9.15am

Women's Cardio Menai Park

Tuesday 10am

Friday 10 am

All classes are 1 hour in duration

Term 4 Price Changes

10 visit pass \$180

Casual Visit \$20

This is our first price rise in over 3 years. You may pre-purchase passes before the end of term at the old price of \$160.

Decided it's time to Get Fit?

Check out the Cardio Class Options next term!

Saturday Mornings 8-9.15am

Are you keen to...

Improve your fitness and tone your muscles?

Get fitter and energised for the Summer?

Work up a sweat whilst having fun in a relaxed, friendly group?

Get Fit for Summer (GFFS) is a physio designed program at the request of several Core Gymballers who were keen for a work-out which raised the heart rate, toned muscles and assisted weight loss... all in time for SUMMER! Physios Claire and Miriam can't wait!

The program will involve

- 8 Saturday morning sessions – 24th October – 12th Dec

- 8 – 9.15am @ Menai Park (yes, it's 1 & 1/4 hr class!)

- 2009 GFFS is supporting Cancer Council (T-shirts are 'Pink Ribbon Day' – ladies & 'Running for a Cure' – men)

- Prizes for those who work hard, groan loudly and improve the most over the 8 weeks!!

The program will involve walking (or jogging depending on your fitness level), boxing and circuit type work. The group will be broken up to cater for ALL LEVELS. Show bags, t-shirts and booklets all included.

Cost \$160 (Group Physiotherapy receipts will be issued so you can claim through your private health fund)



Tuesday or Friday Mornings 10-11am

A program designed for; - New Mums with bubs

- Mums keen to get fit

- Women interested in a well supervised program to get fitter and stronger

This 8 week program for women, with physiotherapist Miriam, will involve boxing, light weights, walking, pelvic floor and abdominal core strengthening work. The class is low impact, so friendly to women's bodies post birth or returning to sport. This program includes weekly education to strengthen pelvic floors and improve your core. A great workout for women designed to educate you and strengthen all the important bits!

Details; Fridays 10-11am in Menai Park (opp Menai Marketplace)

8 weeks, Commencing Tuesday 20th Oct or Friday 23rd Oct (or do both!)

Bubs in strollers very welcome (assistance provided if you need help during class) and a limited number of toddlers can also be accommodated

Cost \$144 (discounted to \$128 if paid before 2nd Oct) **BOOK NOW!**



Thursday Nights 7.30pm

CORE cardio classes are designed to get the heart rate up and get you fitter and stronger in a well-supervised class. The Thursday night class involves boxing, light-weights and strength work. This is run from the studio and payment is the same as for other CORE classes (pay casually or punch your card.) Claire promises to work you hard, to help you concentrate on good technique and to provide an enjoyable workout every week. Enjoy watching your strength and fitness improve, Men and women of all ages and fitness welcome. Bookings essential.



Favourite Class Quotes Term 3

- As the physio instructed the class to concentrate on the pelvic floor AND their neck whilst doing abdominal work "Surely that is a bit hard? To concentrate on the *top* and the *bottom*?!"
- As a gymballer struggled with tricep push ups over the ball "I must have a really heavy head or something?!"
- Physio "Remember to turn on that pelvic floor." Gymballer "Where was that switch again?"