

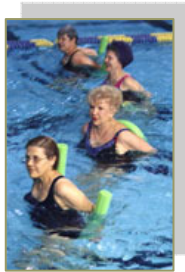
INDOOR HEATED POOL

Sandhurst Health Club boasts a state of the art, 25 metre indoor pool, heated to a comfortable 30 degrees celcius.



SWIMMING LESSONS are available for both children and adults, most days after school hours and Saturday mornings.

AQUA AEROBICS CLASSES are popular with all age groups and provide a great total body workout, without the impact normally associated with land based classes.



LAP SWIMMING

A lap swimming lane is always set up for members to utilize.



OPENING HOURS

Monday to Friday, 6 am—9 pm

Saturday & Sunday, 9 am—6 pm

Public Holidays, 10 am—5 pm

Sandhurst Health Club is an exclusive private facility . Access is available on presentation of an active ClubLINKS Membership Card.

Guests of members are most welcome and must be accompanied by a member at all times.

Gym attire required at all times.

SANDHURST HEALTH CLUB

75 Sandhurst Blvd,
Sandhurst Vic 3977
Phone: (03) 8787 7066
E-mail: healthclub@sandhurst.com

June09

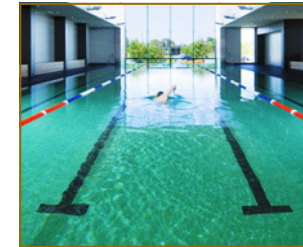


CORPORATE HEALTH MANAGEMENT



SANDHURST
CLUB

HEALTH CLUB PROGRAM



Proudly managed by:



CORPORATE HEALTH MANAGEMENT

SANDHURST HEALTH CLUB

THE GYMNASIUM

Sandhurst Health Club boasts a fully equipped **gymnasium**, with modern cardio-equipment, pin-loaded weight stations and free weights to keep your workouts challenging.

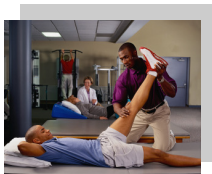


The gymnasium is staffed with a fully **qualified Instructor** on duty to assist you with your workout, or write a program for you. A full fitness assessment is available by arrangement.



A **Teen Gym** program operates for those members 11–15 years of age.

One on one **Personal Training** and small group personal training sessions are available to help you reach your fitness goals.



GROUP EXERCISE CLASSES

Spin Classes are popular with those who like to work with strength in their legs and sustain a high heart rate throughout the class. A great way to burn calories!



Boxing Classes are a great upper body and cardio workout for all fitness levels.



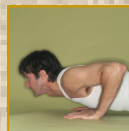
Yoga improves flexibility and lubricates joints, ligaments and tendons, as well as toning the muscles. Yoga will increase your energy levels, reduce stress and harmonise the mind & body.



Pilates/Body Balance The Pilates philosophy incorporates basic principles of concentration and control, core stabilisation, centering, and breathing.



Circuit Classes are a time efficient way to work all areas of the body on a variety of stations



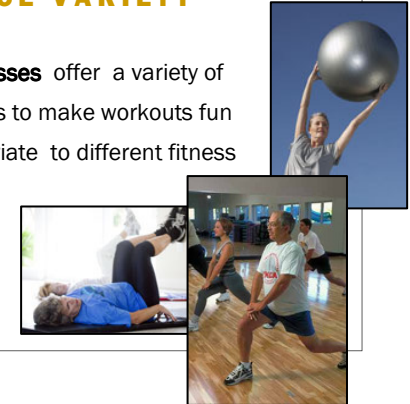
BOOT CAMP



Several Boot Camp sessions run regularly to take you out of your "comfort zone". Train with a group over a six week period and get maximum results.

LITE PACE VARIETY

Lite Pace Classes offer a variety of class formats to make workouts fun and appropriate to different fitness levels.



Tennis Lessons Adults and children's lessons all year through. Beginners welcome.

Golf Workshops in Strength and Conditioning Techniques are held regularly and are very popular.

