



## HEALTH & FITNESS PROGRAM AT THE WA CLUB

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The WA Club and the Perth Integrated Health Clinic are proud to present a new range of health and fitness related services for members of the Club commencing the 5<sup>th</sup> of September 2005.

These services are being provided by a number of our alliance partners and they represent a range of health & fitness options that would cater for the needs of everyone.

Every member who undertakes these health & fitness programs will also be required to undergo a free health assessment that will be conducted by the health professionals from the Perth Integrated Health Clinic either at the Club itself or at our clinic in either West Perth or Melville.

We are now taking expressions of interest for the following fitness activities:

Name \_\_\_\_\_ Member No. \_\_\_\_\_ Phone No. \_\_\_\_\_

- Yoga/Pilates - Unisex Mondays 5.30pm – 6.30pm and Wednesdays 6.45am – 7.45am** Pre-choreographed training comprising of floor exercises, stretches, breathing techniques as well as Yoga and Pilates movements
- Body Combat – Unisex Thursdays 12.30pm – 1.30pm** Pre-choreographed class comprised of high-energy non-contact martial arts based movements
- Circuit Training - Men & Women (separate classes) Women Tuesdays 6.45am – 7.45am, Men Mondays 5.30pm – 6.30pm** Comprising of up to 8 stations which will involve activities such as cycling, skipping, abdominal work, hand weights, focus pads and shuttle runs
- Boxing Circuit – Unisex Mondays 6.45am – 7.45am** Comprise of resistance exercises, skipping, abdominal work and cardio at a variety of stations including one station one on one with a trainer

***Please print this form and fax back to Dearne @ the WA Club by the 12 Jan 2006 on 9481 7022.***

For specific information on the health assessments and fitness activities in the presence of clinical conditions, please contact Lucy Liongue, Coordinating Practitioner of the Perth Integrated Health Clinic on 9226 1239, Fax 9226 1259 or email: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)

