



**CORRYONG**  
**Health+H**



**Community Health &  
Fitness Centre  
Information**

## Welcome

Welcome to Corryong Health and Fitness Centre.

We are excited that you are ready to take your fitness level to the next step with our Group Exercise Programs.

## Group Fitness Centre Guidelines

- Book your spot in the class using “Picktime” (see Online Booking System section for instructions)
- Ensure you follow our COVID-19 guidelines
- Always arrive on time (10 minutes before class) and dressed in appropriate workout gear. It is unsafe to go into a class that has completed the warm up.
- Use the Debug before and after every class, or wash your hands thoroughly in warm soapy water.
- It is highly recommended that participants wear clean, cross-training type shoes to protect from injury, unless instructor advises otherwise.
- Bring a towel and a water bottle to the class.
- Please respect the instructor by following instructions.
- Take time to talk with your instructor, ask questions and share feedback.
- Immediately stop exercising and inform your instructor if you experience chest pain, shortness of breath, joint or muscle pain, dizziness or confusion.
- Know your body and take the class at your own pace. This is your workout; enjoy it and let us help you reach your goals.
- Most importantly, HAVE FUN!

## Online Booking System

Please book all classes/sessions through the online system – <https://www.picktime.com/corryonghealthandfitness>. You may book your sessions up to one week in advance. All open gym sessions have a limit of 15 people per hour. Please note, you must be a member and have received your personal access fob to utilise the open gym sessions.

Steps to use the online booking system:

1. Enter the web address into your browser to access the site.
2. A greeting message and information will pop up for you to read.
3. On the web page’s left panel there is “Book Appointment” and “Classes”.
4. The description of each class/session is located in “Classes”
5. To book a class/session click “Book Appointment”. Select from the options provided.
6. You will then be prompted to select a “Team Member” which is the class trainer.
7. Select the time you wish to attend.
8. Enter your information in the categories required.
9. Then press “Book Appointment”.
10. You are now booked in for that class, you will receive an email confirmation.

## Students

- High school students (16 and over) are welcome to join in group cardio fitness programs/classes.
- Strength training/weights are not to be used by participants under 18, unless under the guidance of a qualified instructor or Allied Health professional.

## Family Memberships

- Children aged 10-18 are welcome to join the gym as part of a family membership. Parents must accompany children and supervise their safe use of equipment.
- High school students (16 and over) are welcome to join in group cardio fitness programs/ classes.
- Children 10+ are encouraged to use cardio equipment (treadmills, bikes, cross trainer, skipping ropes, spin bikes, punching bag and to use body weight exercise such as squats, lunges, push-ups in their exercise program.
- Children under 18 are not permitted to use weights for strength training unless under the guidance of a qualified instructor or Allied Health professional.
- Remember that active play is often the best exercise for children. Encourage them to bounce, run, jump, throw, skip and play ball. Tidy up after yourself please.



## Health and Fitness Centre Classes

### Strong People Stay Young

The program increases the strength of your muscles, helps maintain bones, and improves your balance, coordination, and your ability to get around. Following this program helps reduce the signs and symptoms of many chronic diseases, including arthritis. Regular participation for 2 sessions per week has many benefits for older people and those returning to exercise after a break or illness.



### Healthy Start



Healthy Start is open to everyone, especially those over 40 and those who haven't exercised for a while. It is designed to be safe for people with stable, long term health conditions such as heart disease and bone and joint problems. Participants work through a variety of cardio exercise equipment, plus Swiss Ball, step aerobics, weights and a stretch. Newcomers to the gym will enjoy the opportunity to try lots of new things at their own place with instructor support.

### **Fit for Life**

This group session is offered to support people following their personally designed exercise program after surgery, illness or injury, and for those with diabetes. Contact Jacinta for a referral (02) 6076 3200

### **Backs and Bellies**

Increase core and back strength, balance and flexibility using Swiss balls. An exercise/ stability ball has many benefits. One of the main benefits is the increased demand you are placing on your body by dealing with the slightly unstable surface. The body's little stabilising muscles work harder to keep you upright on the ball so you can train these muscles and burn more calories while performing specific exercises emphasising bigger muscle groups.



### **Yoga to the Core**

Strengthen, tone and condition your stomach, butt and thighs with this yoga class with a cool down and pranayama session at the end.

### **Yoga for Vitality**

Recovering from illness or injury or an introduction to yoga, this class is designed to increase vitality and focus on strength, balance, flexibility and wellbeing. Use of props such as chairs, steps and blocks to enable participation by all levels of activity and experience.

### **Q.H.A (Quick Hit of Adrenaline)**

A tornado of functional exercises, short intervals with short periods of rest. You will constantly be moving in this 35-minute session. Expect all the major muscle groups to be taxed during this session and high heart rate. This is our most efficient session.

### **S&C (Strength and Conditioning)**

Our S&C sessions are time-based sets rolled into a circuit. Our training methodology is designed to enable a stronger and more dynamic boxing body as it's principle. Again, you can expect major muscle groups being taxed and full body work-outs. We believe these sessions have huge benefits to our team.

### **HIIT 40**

A fun and exciting mix of both cardiovascular and resistance challenges ideal for toning, fat burning and muscle conditioning. This class runs for 40 minutes.

### **Modified HIIT**

Is all about toning, fat burning and cardiovascular training using low impact moves. Great if you are getting back into the gym. A great class for our mature members.

### **Full Body Fusion**

Fuses together cardio movements and body sculpting to leave your body feeling strong. Total strengthening workout mixed with cardio to strengthen your muscle groups.

## Total Body Compound

A total body workout to increase strength by using compound body movements with the barbells, weights and dumbbells. A strength class that will get your heart rate going and muscles burning by using major muscle groups

## Open Gym

When no classes are scheduled you can do one hour gym sessions to work on your own program and utilise all equipment within the gym. Bookings are essential due to COVID-19 restrictions with 15 people per session per hour.

## Key Contacts

Community Development Manager	Taryn Cumming
Gym Instructors	Kerry Flanagan, Mary Haas, Paula Geier, Tahnia Whitsed, Taryn Cumming, Cheryl Evans
Customer Service Officer	Megan Spurgeon
Physiotherapist	Elizabeth (Liz) Wallace
Exercise Physiologist	Jacinta McKimmie
Allied Health Staff	Tricia McLean, Brenda Whitehead, Trinity Byatt

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Provide us with your feedback via Corryong Health Compliments and Complaints feedback card