

**GENESIS**  
HEALTH + FITNESS

# OPEN DAY

**WEDNESDAY 3 APRIL / 9AM - 7.30PM**

**CELEBRATE THE OFFICAL LAUNCH OF GENESIS  
HEALTH AND FITNESS BALLARAT.**

WE STILL REMAIN AS BALLARAT'S LARGEST INDEPENDENTLY OWNED AND OPERATED CLUB SINCE 2003. PROUDLY OWNED AND OPERATED BY MEL TEMPEST NOW PROVIDING ACCESS TO OVER 40 CLUBS NATIONALLY.

**COME ALONG AND TRY OUR SPEED DATING CLASSES AND GO IN THE DRAW TO WIN A 4 MONTH MEMBERSHIP TO HNR & BAS.**

Well it's not quite dating but hey you never know who you might meet!!!

Each class runs for 20 minutes to give you a taste of just some of the classes available at Genesis then once the class is finished you can move onto the next class for another 20 mins!

Sounds like fun and its FREE for all members and their friends... But best yet because we have so much equipment you don't even have to book!!!! Just rock up from 9am.

**EVOLT BODY SCANS \$10**

**GIVE AWAYS**

**SPARTANS SUPP'S**

**FREE CLASSES**

**DOOR PRIZES**

**MYZONE CHALLENGE**

**PH: 03 5338 7320**

**WEB: WWW.BALLARATFITNESS.COM**

# GENESIS

HEALTH + FITNESS

## OPEN DAY TIMETABLE

WEDNESDAY 3 APRIL / 9AM - 7.30PM

TIME	CLASS	INSTRUCTOR
9am	Steel Training	Mel
9.30am	BodyCombat	Mel
10am	HIIT	Mel
4.50pm (20 Min Express!)	Cycle	Mel
5.15pm (20 Min Express!)	Steel Tonic	Mel
5.15pm (20 Min Express!)	HNR Weights	Shane
5.40pm (20 Min Express!)	BodyCombat	Mel & Shane
5.40pm (20 Min Express!)	Cycle	Stacey
6pm (20 Min Express!)	Body Combat/Dance	Mel, Larissa & Shane
6pm (20 Min Express!)	HNR Circuit	Kim.K
6.20pm (20 Min Express!)	Kimax	Steve and Shane
6.20pm (20 Min Express!)	Cycle	Kim.L

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