

MEMBERSHIP

CONTRACT

12 MONTHS
\$14.95
PER WEEK

CONTRACT

6 MONTHS
\$16.95
PER WEEK

NO CONTRACT

WEEK TO WEEK
\$17.95
PER WEEK

WEEKLY

STUDENT
\$12.95
PER WEEK

WEEKLY

JUNIOR
\$6
PER WEEK

UPFRONT

12 MONTHS
\$649

UPFRONT

6 MONTHS
\$349

UPFRONT

3 MONTHS
\$199

Ballarat Club Only. Includes all group fitness functional training, cycle & on demand classes. 24/7 Access, Free Wifi & Kids Zone. Terms and conditions apply.



- (03) 5338 7320
- bodyandsoul@ncable.net.au
- 950 Humffray Street South, Ballarat

SUMMER STAFFED HOURS (27 JAN – 31 MARCH)
MONDAY – THURSDAY: 6AM – 7PM
FRIDAY: 9AM – 5PM
SATURDAY: 8AM – 11AM
SUNDAY: 24/7 FOB REQUIRED

Should you have an enquiry to your current membership please come into the club direct emails are not always received.

GENESIS
HEALTH + FITNESS



GENESIS HEALTH + FITNESS

BALLARAT
BODY & SOUL

AN UNRIVALLED RANGE OF EQUIPMENT,
SECOND-TO-NONE GROUP CLASSES,
AND A NEW HIIT N RUN 24/7
WORKOUT ZONE

WWW.BALLARATFITNESS.COM



ABOUT US

Body & Soul (BAS) has long been a pioneer within the fitness industry, having been established in 2003 by fitness influencer and innovator Mel Tempest. Over the years it has garnered a worldwide reputation for having been among the first independent health clubs in Australia, to introduce gym-goers to training options such as:

- ▶ Netpulse in-club app
- ▶ Wexer virtual reality group fitness
- ▶ Les Mills virtual reality RPM classes
- ▶ MYZONE's wearable heart rate system



WHAT WE DO

We've developed a brand new type of gym that integrates every possible kind of training in a really friendly, open-plan layout. It's divided into specialised zones – we have areas for cardio, free weights, Pin loaded equipment and Circuit equipment for beginners. What's more, we've got an amazing range of equipment and plenty of it too, so you'll never have to wait. Or if functional training is more your thing, you'll love our SYNRGY360 and HIIT N Run workout zone which are essentially a fun playground to workout in.

VIRTUAL CYCLE



Virtual Cycle runs in our cycle room with a large projector screen. Classes run at different lengths, but are suitable for all fitness levels as you can control how hard you make the dial. RPM beginner classes and 30 minute classes are a great place to start.

CYCLE



Cycle classes with instructors are taught with many different journeys as each instructor is different and creates a different journey via their own music selections. Again you control how hard you work as you control the dial.

STEEL TRAINING



A group fitness class with a barbell and weights. Very similar to pump classes. Suitable for beginners and no-coordination is required.

STEEL TONIC



Don't like to jump around on the step? Tonic uses the step lid with no bricks – you work your right side with simple non-complex routines then work you left side. A great leg and butt workout. Suitable for beginners.

MEL'S MASH UP



Every class is different – you might experience freestyle step, aerobics, toning, barbell, HIIT or Combat – everything is possible in this class. Work at a level you're comfortable with, lots of options.

COMBAT



Punch, jab, kick your way through a fun class where co-ordination is not required!

ACTIVE ELDERS



Gentle exercise for anybody returning to fitness.

HIIT



Using the high intensity interval formula of 20 seconds work 10 seconds recovery the trainer will create a workout where the moves are simple. You decide how hard you will work. Please advise instructor of injuries.

TUMMY HIPS THIGHS



A great all over body workout with low impact moves, suitable for beginners.

LEGS ARMS ABS



Using hand weights and bands, focusing on a 30 minutes workout to compliment your week!

HNR BOX



Our HNR boxing circuit is heaps of fun! You get to workout on the Boxmasters just like Hugh Jackman! Please bring gloves.

BARRE



Yoga, Tai Chi, Pilates and relaxation. Please bring a towel. Beginners welcome.

FREESTYLE STEP



The instructor creates their own routine on the step using cardio moves. A great workout for the legs. Can have complex choreography.

SRC HIIT CIRCUITS



SRC HIIT is all about rowers, bikes, crosstrainers, body weight & Kettlebells. The class is run in the group fitness room and also includes our MYZONE heart rate system.

HNR INTENSIVE WEIGHTS



Classes with Tyler are weight based (bar or body weight) pending on fitness levels. By setting up a strong base level and building up power and strength.

VIRTUAL CLASSES



Don't forget we have over 400 virtual classes for you to do 24/7. Never miss a class!



Our exclusive HNR Functional Studio runs various HNR classes, these include Boxing, Strength and Cardio. The studio is also available for Personal Training and Private Group Booking.