

bodybalance



Total health and well being!

Body Balance is a total system of health and well being. It reduces stress, improves balance, flexibility and heart & lung function.

Body Balance is based on three disciplines Tai Chi, Pilates and Yoga and concentrates on breathing techniques as well as stretching and strength work

Body Balance

BENEFITS

Flexibility Body Balance lengthens all major muscles and improves the range of motion of our joints. It allows the spine to move freely in all directions correcting alignment and freeing joints.

Strength Body Balance is weight bearing which improves bone density, builds and strengthens the muscles and provides a firm base of support for the spine.

Balance regular practice improves physical coordination and balance as well as poise and concentration. It will help create a more symmetrical body that reduces stress on the spine and discomfort in the muscles.

Heart and lung function Body Balance improves breathing ability, strengthening the heart and increasing cardiovascular capacity.

Reduces Stress with an emphasis on relaxation, breathing and focus on movement, the result is reduced overall stress levels both physically and psychologically.

Who can participate

Body balance is for all levels. The program offers a variety of options so that you can work at your own level. Your Body Balance instructors at Sutherland Leisure Centre are all qualified to instruct and advise on this speciality class

Wear comfortable, loose clothing or Fitness wear. A towel is required. No shoes required.



NOTE complying with the FitnessNSW Code of Practice all participants will be required to complete a pre-exercise questionnaire. Entry into Body Balance sessions is dependent upon satisfying all criteria.

Class Times

Please see the group fitness timetable for current times

Centre hours

MONDAY TO FRIDAY
5.30am - 9.00pm

SATURDAY
6.00am - 7.00pm

SUNDAY & PUBLIC
HOLIDAYS
7.00am - 7.00pm

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