

Timetable as of Monday 23rd January 2012

HOURS OPEN: GYM & POOL

5.30am – 9.30pm MONDAY TO FRIDAY

6.00am – 6.00pm WEEKENDS & PUBLIC HOLIDAYS

HEALTH CONSULTANT AVAILABLE ON EXTEN 41801

2. 45 MIN APPT

DATE: _____

TIME: _____

1. 1 HOUR APPT

DATE: _____

TIME: _____

MR MICK COOMBE - GYM INSTRUCTOR OFFICE HOURS ARE AS FOLLOWED:

PLEASE NOTE: All WSC Assessment Bookings are to be made through Michelle on 9224 2355 (or Ext 42355)

	RPH – WSC TIMETABLE	RPH – SPC TIMETABLE
MONDAY	7.30am – 12.00pm	
TUESDAY	At Shenton Park All Day	10.00am – 2.00pm
WEDNESDAY	7.30am - 1.00pm	
THURSDAY	7.00am - 2.00pm	10.00am – 2.00pm
FRIDAY	10.30am – 2.30pm	

When using Gym Facilities it is **COMPULSORY** to have a Health and Fitness Assessment at the cost of **\$30.00 inc GST**. **You will need to make two (2) appointments**. Monies must be paid to Michelle or Pam at Staff Amenities.

✚ **First Appointment is for your Appraisal Assessments - 45 mins approx** and includes a health questionnaire, height, weight, Tri-level fitness test for aerobic capacity, body fat test.

✚ **Second Appointment is for your Workout – 1 hour approx** and includes your personalised program which has been designed based on your personal or sports related goals and also how to use the equipment properly.

PLEASE MAKE SURE YOU ARE WEARING COMFORTABLE GYM GEAR.

✚ **CHILDREN** are **NOT** permitted to use weights in the gym for insurance/safety reasons.

✚ In addition, you are not to let **NON-PAYING** friends in to the GYM. **IF CAUGHT, YOUR OWN PRIVILEGE WILL BE REVOKED.**

✚ Only Staff Amenities Members can participate in aerobics classes.

✚ Squash and Tennis Court Bookings are taken One (1) week in advance call Michelle on **Ext 42355**.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.10PM	Circuit (Chuck)	Toning With Weights (Chuck)	Water Running (Mick)	Mystery Class (Chuck)	No Classes
5.15 PM	Boxacise (Ian)	Shape & Tone (Sally)	Step (Sally)	No Classes	No Classes

Royal Perth Hospital – Wellington Street Campus- Staff Amenities Fund Offices:

Michelle

RPH – WSC Ext 42355

Level 2, D Block, Ferguson Building

Office Days: Monday – Friday & Open LAD'S

Office Times: 7.30am – 2.00pm

Michelle.A.Scott@health.wa.gov.au

Royal Perth Hospital Shenton Park Campus- Staff Amenities Fund Office:

Pam

RPH – SPC Ext 7334

Level 2, B Block, Thorburn House

Office Days: Tuesday, Wednesday & Thursday

Office Times 10.00am – 2.00pm

Pam.OSullivan@health.wa.gov.au

The information in this pamphlet includes:

- 1.** Discounted Various Movie Tickets – Greater Union / Hoyts/Movie Masters & Lunatics Plus Gold Class & La Premiere tickets are also available.
- 2.** Rottnest Tickets with Fast Ferries from Hillary's and Rottnest Express from Fremantle.
- 3.** Overnight FREE DVD Rentals for members. Latest Movies in all Genres- **OVERDUE DVD'S WILL BE CHARGED \$1.00 A DAY WITH THE EXCEPTION OF WEEKENDS. (Shenton Park DVD's – Take two out Thursday and bring them back Tuesday.**
- 4.** During the season we also sell Adventure World Tickets.
- 5.** Squash courts (only at RPH- WSC), Tennis Courts and Gym Information.
- 6.** We also organise Group Bookings for Most Theatre Shows and some Concerts. This will depend on the Promoters whether they will allow group bookings.
- 7.** For All intended Functions or up-to-date information you can visit our website on

www.RPHstaff.com

To receive current information please make sure you advise the Staff Amenities Clerks of your email address so your correct details are on the emailing list or they can organise to have the flyers sent to you.

Flyers are sent to ALL Departments, Wards and Clinics. If your area does not receive any information please let the Offices know.