


HEALTH CLUB

A pair of blue swimming goggles with black straps is positioned in the upper right quadrant. A black lanyard with a silver whistle is located in the middle left area. The background is a solid, vibrant blue.

THE
LODGE

A pair of black flip-flops with blue straps is shown in the bottom half of the image. The soles of the flip-flops have a textured, bumpy pattern. A black strap is also visible on the left side.



When it comes to maintaining a healthy lifestyle, a well-rounded fitness regimen is essential. The Health Club is a state-of-the-art facility designed to cater to all your fitness needs. Whether you're a seasoned athlete or just starting your fitness journey, The Health Club offers a wide range of amenities and equipment to help you achieve your health and wellness goals.

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STRENGTH & CONDITIONING

Our Strength & Conditioning suite is a fitness enthusiast's dream come true. We have meticulously curated a collection of cutting-edge equipment to provide you with the very best in training. No matter your fitness level or goals, you'll find the tools you need to succeed.

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Here's a glimpse of what you can expect in our Strength & Conditioning area:

Fitness Equipment

- Treadmills for cardio workouts.
- Free weights for strength training.
- Weight machines for targeted muscle work.
- Elliptical trainers for low-impact cardio.

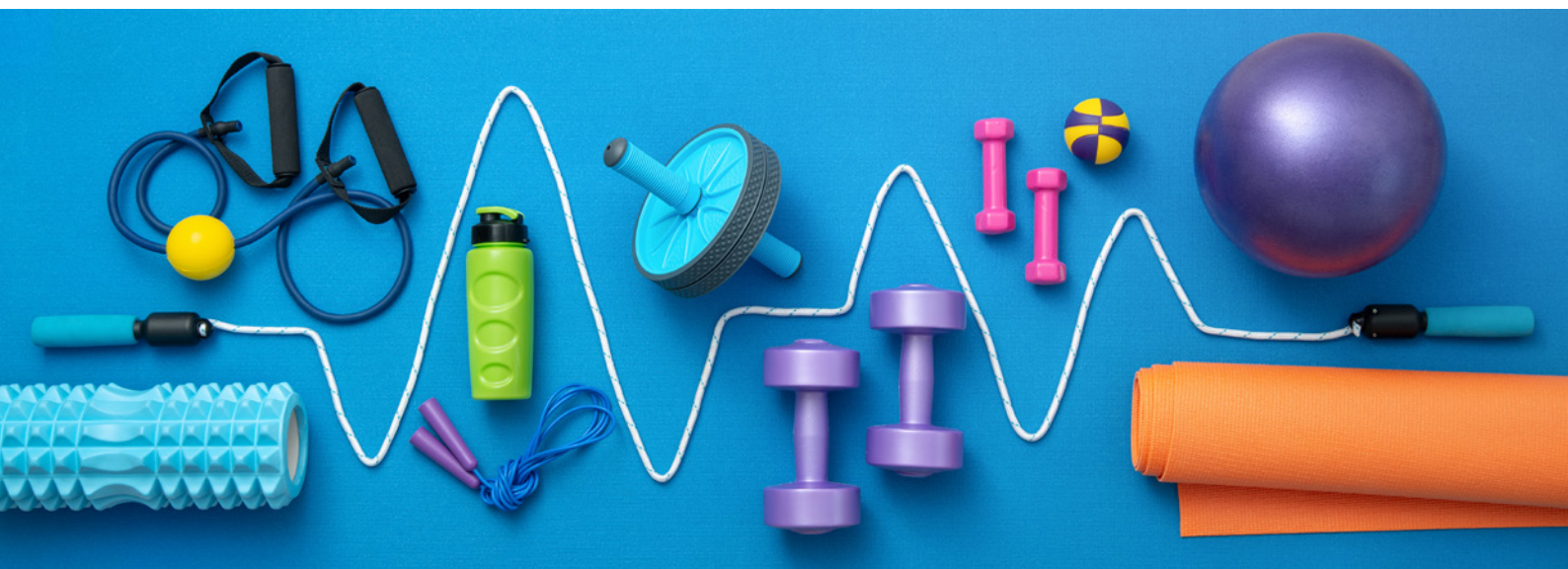
Functional Training Accessories

- Medicine Balls (ranging from 10kg to 25kg) for dynamic workouts.
- Gymnastic Rings (wooden) for bodyweight exercises.
- BOSU Balance Trainer for stability and core training.
- Speed Sled and Mini Prowler for explosive strength and conditioning.
- Plyometric Boxes for agility and power development.



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Weightlifting Equipment

- Olympic bars for serious lifters.
- Kettlebells (competition and standard) for dynamic strength training.
- Adjustable benches for a variety of exercises.
- Power racks and Smith machines for safe and effective lifting.

Recovery and Mobility

- Foam rollers and other mobility tools to aid in recovery.

AQUATICS

For those who prefer a refreshing splash in the water, The Health Club boasts an impressive aquatics area. Our facilities are designed to cater to a wide range of aquatic activities and preferences.

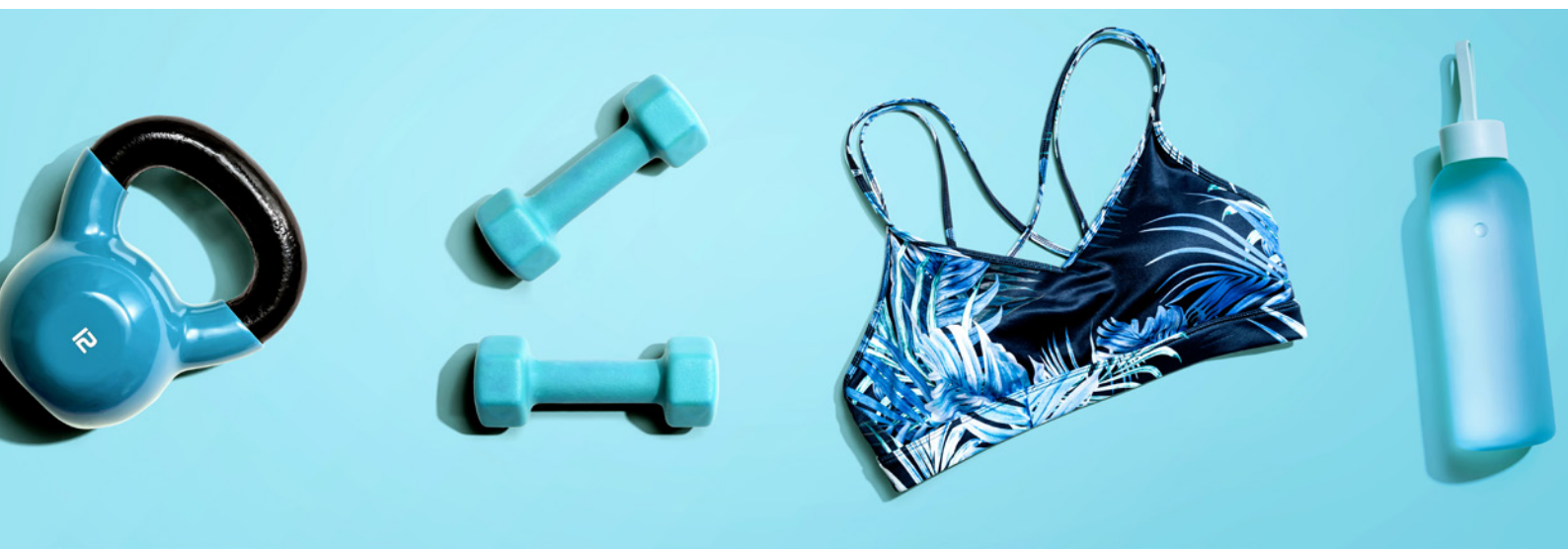
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Swimming Pools

- A split-level warm water pool with aqua play features.
- Swim equipment including kickboards and pool noodles.
- Shallow and deep areas for various water-based activities.
 - The shallow pool is 1.1m in depth and measures 10m wide by 19.5m long.
 - The deep-water section is 2.2m in depth and measures 6.245m by 8.18 long.



Aquatic Rehabilitation

- Deep-water area for tethered swimming and aqua running.
- Shallow area for water-based recovery sessions.

Recovery Pools

- Hot and cold plunge pools for post-exercise recovery.

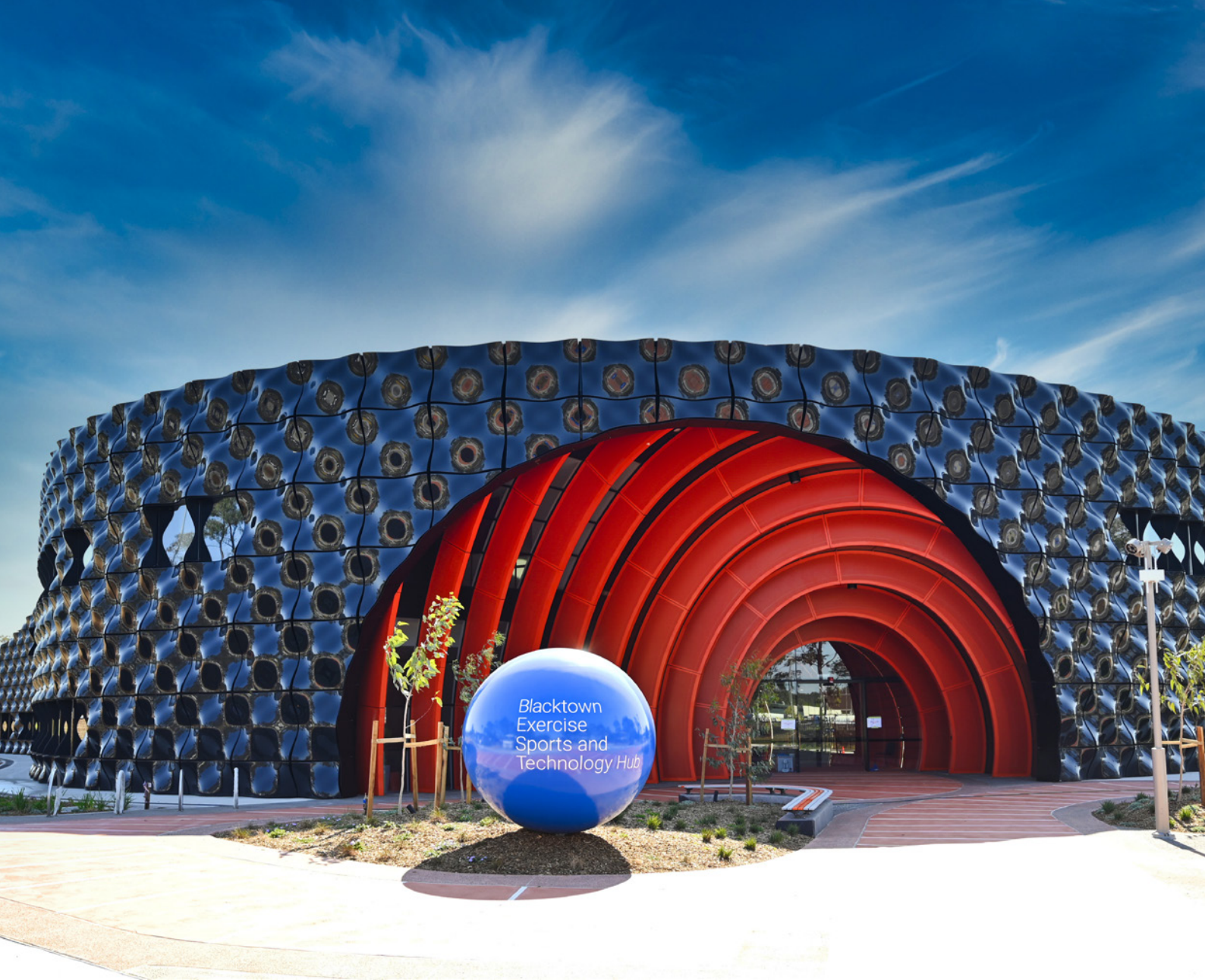
Accessibility

- Aquatic wheelchairs for those with mobility challenges.

Water Accessories

- Aquatic exercise/jogging belts in various sizes.
- Hand paddles and finger paddles for enhanced swimming workouts.
- Learn-to-swim platforms for beginners.
- Various pool toys for added fun.

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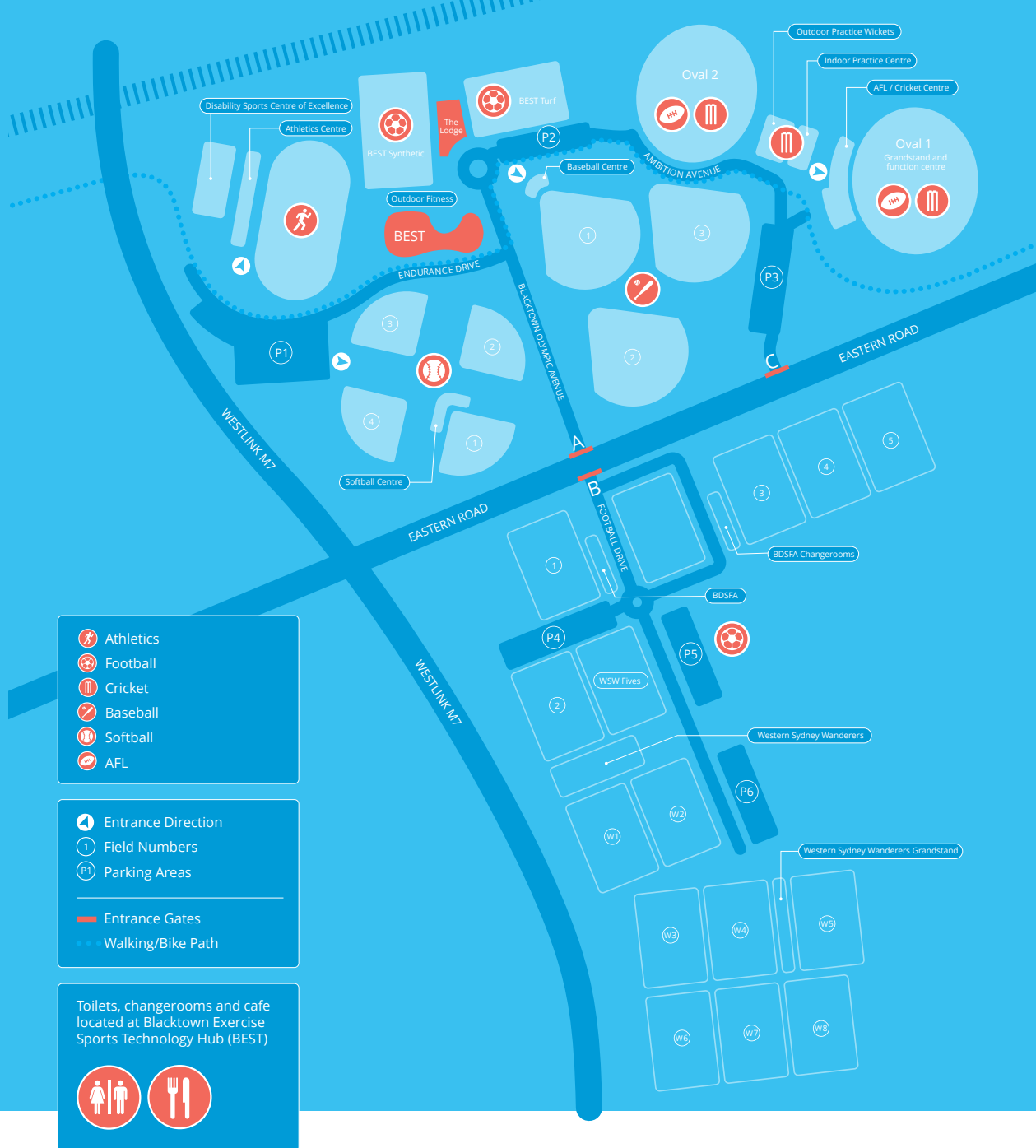


LOCATION

Blacktown Exercise Sports and Technology Hub (BEST)
Blacktown Olympic Avenue
81 Eastern Road, Rooty Hill,
NSW, 2766.

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OPENING HOURS

There are some access limitations relating to the pool. Please check the website for details of the latest opening hours.

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