

## Before you begin...

- Please complete our pre-screening questionnaire.
- A medical certificate may be required.
- The Strength for Life program requires doctor's referral letter and an individual appraisal with an instructor prior to participating.

Please see our staff for further information.




# Kaya! Hello!

*We look forward to seeing you soon.*

 **Hartfield Park Recreation Centre**  
199 Hale Road, Forrestfield

**High Wycombe Community & Recreation Centre**  
200 Newburn Road, High Wycombe

**Ray Owen Sports Centre**  
Gladys Road / Grove Road,  
Lesmurdie

 **08 9359 1700**

 **recreation@kalamunda.wa.gov.au**

 **@CityofKalamundaRecreation**



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[kalamunda.wa.gov.au/recreation](https://kalamunda.wa.gov.au/recreation)

# Active Seniors

**Fitness programs  
for Seniors**



Active Seniors Group Fitness Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Live Active</b> A fun, social program that has been designed to keep you active at any fitness level. This class combines a variety of moves to help improve your cardio, strength and flexibility.</p>	9:15am - 10:15am High Wycombe Community & Recreation Centre			9:15am - 10:15am 10:30am - 11:30am Ray Owen Sports Centre		
<p><b>Strength &amp; Tone</b> These classes are similar to the Stretch &amp; Tone classes but are focused on incorporating more strength exercises into the class.</p>		8:00am - 9:00am Hartfield Park Recreation Centre				
<p><b>Stretch &amp; Tone</b> These classes are based on Pilates to help you improve your overall fitness, toning and conditioning. This class is fun, simple, low intensity and designed for all fitness levels.</p>				8:00am - 9:00am Hartfield Park Recreation Centre		
<p><b>Yoga Gold</b> Specifically designed to focus on balance and strength exercises to reduce the risks of falls in older adults.</p>	10:30am - 11:30am Hartfield Park Recreation Centre		10:30am - 11:30am Hartfield Park Recreation Centre		10:30am - 11:30am Hartfield Park Recreation Centre	
<p><b>Zumba Gold</b> Takes the fun of Zumba and modifies the moves and pace to suit the over 50s participants. This class is for those who want a little excitement, passion and fun as a regular fitness activity.</p>			9:15am - 10:15am High Wycombe Community & Recreation Centre			
<p><b>Strength for Life</b> A strength training program designed to improve quality of life and fitness for the over 50s. Please contact our staff prior to your first class to book a compulsory appraisal, which includes a customised workout designed just for you.</p>	10:30am - 11:30am 11:30am - 12:30pm Hartfield Park Recreation Centre	10:30am - 11:30am 11:30am - 12:30pm Hartfield Park Recreation Centre	10:30am - 11:30am 11:30am - 12:30pm Hartfield Park Recreation Centre	10:30am - 11:30am Hartfield Park Recreation Centre	10:30am - 11:30am Hartfield Park Recreation Centre	10:30am - 11:30am Hartfield Park Recreation Centre

Platinum Membership	Gym Membership	Group Fitness Membership	Multi-passes
<ul style="list-style-type: none"> <li>• Access to all Active Seniors Group Fitness and Strength for Life classes</li> <li>• Access to Hartfield Park Recreation Centre Gym</li> <li>• Access to Hartfield Park Recreation Centre Group Fitness classes</li> <li>• Free Strength for Life appraisal</li> <li>• Free Gym appraisal &amp; body scan every 3 months</li> </ul>	<ul style="list-style-type: none"> <li>• Access to all Strength for Life classes</li> <li>• Access to Hartfield Park Recreation Centre Gym</li> <li>• Access to select Hartfield Park Recreation Centre Group Fitness classes.</li> <li>• One free Gym appraisal (does not include Strength for Life appraisal)</li> </ul>	<ul style="list-style-type: none"> <li>• Access to all Active Seniors Group Fitness classes except Strength for Life</li> <li>• Access to Hartfield Park Recreation Centre Group Fitness classes</li> </ul>	<p><b>Strength for Life Multi-Pass - \$81.00</b></p> <ul style="list-style-type: none"> <li>• Access to 10x Strength for Life classes</li> </ul> <p><b>Active Seniors Multi-Pass - \$81.00</b></p> <ul style="list-style-type: none"> <li>• Access to any combination of 10x of the above Active Seniors Group Fitness classes excluding Strength for Life classes.</li> </ul>
<p><b>\$709.60</b> 12 Months Upfront <b>\$62.00</b> Monthly Direct Debit</p>	<p><b>\$546.00</b> 12 Months Upfront <b>\$48.00</b> Monthly Direct Debit</p>	<p><b>\$546.00</b> 12 Months Upfront <b>\$48.00</b> Monthly Direct Debit</p>	



Terms & Conditions apply. Prices shown include a 20% discount for eligible Concession Card holders. Timetable subject to change.