

GROUP FITNESS TIMETABLE

Updated: December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10am 3XR* HART-FIT STUDIO	6:10am RPM RPM STUDIO	6:10am 3XR* HART-FIT STUDIO	6:10am RPM RPM STUDIO	6:30am META PWR* HART-FIT STUDIO	8:20am BODY ATTACK 45 GROUP FITNESS STUDIO	8:20am BODY PUMP GROUP FITNESS STUDIO
9:25am BODY PUMP GROUP FITNESS STUDIO	6:10am SUMMER HIIT HART-FIT STUDIO	9:25am GRIT STRENGTH GROUP FITNESS STUDIO	6:10am SUMMER HIIT HART-FIT STUDIO	9:15am EXPRESS CIRCUIT GROUP FITNESS STUDIO	8:20am SPIN RPM STUDIO	
9:30am SUSPENSION* GROUP FITNESS STUDIO	9:15am YOGA YOGA STUDIO	10:00am BODY BALANCE GROUP FITNESS STUDIO	9:25am BODY PUMP GROUP FITNESS STUDIO	9:30am RPM EXPRESS 30 RPM STUDIO	9:15am SUSPENSION* GROUP FITNESS STUDIO	
10:30am BOXING CIRCUIT* GROUP FITNESS STUDIO	9:25am BODY ATTACK 45 GROUP FITNESS STUDIO	6:00pm YOGA YOGA STUDIO	10:30am BODY BALANCE GROUP FITNESS STUDIO	9:55am CORE EXPRESS 30 GROUP FITNESS STUDIO	9:25am BODY BALANCE GROUP FITNESS STUDIO	
6:00pm BODY BUSTER* HART-FIT STUDIO	10:15am CORE 45 GROUP FITNESS STUDIO	6:10pm BOXING CIRCUIT* GROUP FITNESS STUDIO	5:30pm XFIT* HART-FIT STUDIO	10:30am BODY BALANCE EXPRESS 30 GROUP FITNESS STUDIO		
6:00pm YOGA YOGA STUDIO	5:25pm RPM RPM STUDIO	7:00pm SH'BAM GROUP FITNESS STUDIO	5:40pm CORE 45 GROUP FITNESS STUDIO			
6:30pm BODY PUMP GROUP FITNESS STUDIO	5:40pm ABT GROUP FITNESS STUDIO		6:30pm BODY PUMP GROUP FITNESS STUDIO			
* Platinum, Gym and Group Fitness Members able to attend this class.	6:30pm BODY BALANCE GROUP FITNESS STUDIO		6:30pm RPM RPM STUDIO			
			7:35pm BODY BALANCE GROUP FITNESS STUDIO			



This timetable is subject to change. Scan the QR code for the latest timetable.
Visit our Facebook page for any class updates:
 CityofKalamundaRecreation

LES MILLS			
FOR A FITTER PLANET			
CENTRE OPENING HOURS			
Monday	6:00am - 9:00pm	Saturday	8:00am - 2:00pm
Tuesday	6:00am - 9:00pm	Sunday	8:00am - 12:00pm
Wednesday	6:00am - 9:00pm	Select Public Holidays^	8:00am - 12:00pm^
Thursday	6:00am - 9:00pm		
Friday	6:00am - 8:00pm		
^Closed New Year's Day, Good Friday, Easter Monday, Anzac Day, Christmas Day, Boxing Day			

Health & Fitness Membership Options

DIRECT DEBIT 1 Upfront + 11 Monthly Payments	
Platinum (Group Fitness + Gym)	\$77.50 per month
Platinum (Group Fitness + Gym) - Concession Holders	\$62.00 per month
Group Fitness Only or Gym Only	\$60.00 per month
Group Fitness Only or Gym Only - Concession Holders	\$48.00 per month
12 MONTH MEMBERSHIP 1 Upfront Payment	
Platinum (Group Fitness + Gym)	\$887.00
Platinum (Group Fitness + Gym) - Concession Holders	\$709.60
Group Fitness Only or Gym Only	\$682.50
Group Fitness Only or Gym Only - Concession Holders	\$546.00
CASUAL USE	
Group Fitness Class or Gym Visit	\$17.50
Group Fitness Class or Gym Visit - Concession Holders	\$14.00
10 Class Pass	\$157.50
10 Class Pass - Concession Holders	\$126.00

* Conditions apply.

Class Descriptions

3XR	Fast track your results with this exciting new high intensity full body workout. A dynamic strength, stamina, endurance and core stability circuit class. 45 mins
ABT	ABT classes are the ultimate way to tone and sculpt your abs, butt, and thighs. Get ready to sweat and feel the burn as you engage your core, lift your glutes, and shape your thighs. 45 mins
<i>Les Mills</i> BODY ATTACK	A sports-inspired, high-intensity cardio training class that combines athletic aerobic movements with strength & stabilisation exercises. 45 mins

<i>Les Mills</i> BODY BALANCE	A Yoga, Tai Chi & Pilates workout that develops your core strength & flexibility leaving you in a state of inner harmony & balance. 55 mins / Express 30 mins
BODY BUSTER	Watch your fitness soar in this class by using a mixture of body weight & free weights. You will gain core stability, muscle strength & flexibility during this super-efficient workout. Most of all, it will assist you to burn fat - fast. 45 mins
<i>Les Mills</i> BODY PUMP	The original barbell class that strengthens your entire body. Workout all your major muscle groups and get the results you came for, fast! 60 mins / Express 45 mins
BOXING CIRCUIT	Boxing Circuit is an interval based training regime designed around boxing exercises with the emphasis on an extreme cardio workout. Tone and strengthen your body while getting a whole body workout. 45 mins
<i>Les Mills</i> CORE	This 30-minute workout is the perfect way to get a tight toned core. Core hones in on your abs, glutes and obliques to build a stronger you. 45 mins / Express 30 mins
EXPRESS CIRCUIT	A station-based combination of resistance training and cardio exercises. Participants can work out according to their own fitness levels so it is perfect for any individual. 30 mins
<i>Les Mills</i> GRIT	A high intensity interval training workout combining weight-lifting, running and plyometrics for the ultimate full-body workout. 30 mins
META PWR	Metabolic resistance training is one of the best, most intense strategies for building muscle, burning fat and improving overall fitness. 30 mins
<i>Les Mills</i> RPM	The indoor cycling workout that takes you through hills, flats and peaks! Ride to heart-pumping music to discover your athlete within. 45 mins / Express 30 mins
<i>Les Mills</i> SH'BAM	Using simple but hot dance moves set to hot hits Sh'Bam is an ideal fun, energising and sociable way to shape up and let out your inner star. 55 mins
SPIN	A freestyle indoor cycling workout designed to burn fat and build strength while riding to top music. Spin your way to fitness! 45 mins
SUMMER HIIT	A High Intensity Interval Training that will take your workout to another level. Incorporating body weight, Compound exercise in short, intense bursts to maximise a full body workout. 45 mins
SUSPENSION	Discover a whole new fitness realm with this style of workout! The suspension trainer assists your muscle strength, core stability, balance & even your coordination. 45 mins
XFIT	Delivered in a CrossFit style with a combination of aerobic and anaerobic training, this small group training is a strength & conditioning program that will improve your overall fitness. Suitable for all levels. 45 mins
YOGA	This Vinyasa style yoga develops body awareness, strength and flexibility through focused breathing, postures and movements. Suitable for all levels. 55 mins

Hartfield Park Recreation Centre

Group Fitness Program

November 2023



Hartfield Park Recreation Centre

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