

Your body is your most priceless possession. Take care of it.

Jack Lalane

Health & Fitness Memberships

DIRECT DEBIT 1 Upfront + 11 Monthly paym	ents				
Combination (Group Fitness + Gym)	\$74.00				
Group Fitness	\$57.00				
Gym	\$57.00				
12 MONTHS					
Combination (Group Fitness + Gym)	\$845.00				
Group Fitness or Gym	\$650.00				
CASUAL USE					
Group Fitness	\$16.00				
Gym	\$16.50				
10 Class Pass	\$144.00				
20 Class Pass	\$288.00				

^{*} Concession rates available. Conditions apply.



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

BODYPUMP

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 / Express 30 mins

BODYATTACK

A sports-inspired, high-intensity cardio training class that combines athletic aerobic movements with strength & stabilisation exercises 55 mins / Express 45 mins / Express

A Yoga, Tai Chi & Pilates workout that develops your core **BODYBALANCE** strength & flexibility leaving you in a state of inner harmony & balance 55 mins / Express 30 mins



This 30-minute workout is the perfect way to get a tight toned **CORE** core. CXWORX hones in on your abs, glutes and obliques to build a stronger you 45 mins / Express 30 mins

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 45 mins / Express 30 mins



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



A 30-minute high intensity interval training workout combining weight-lifting, running and plyometrics for the ultimate fullbody workout 30 mins



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

This Vinyasa style yoga develops body awareness, strength and **YOGA** flexibility through focused breathing, postures and movements. Suitable for all levels 55 mins

Discover a whole new fitness realm with this style of workout! SUSPENSION The suspension trainer assists your muscle strength, core stability, balance & even your coordination 45 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

A freestyle indoor cycling workout designed to burn fat and build strength. Tackle rolling hills and hardcore sprints while riding to top music. Spin your way to fitness! 45 mins



Metabolic reistance training is one of the best, most intense strategies for building muscle, burning fat and inproving overall fitness. 30 mins

Hartfield Park Recreation Centre





Hartfield Park Recreation Centre 199 Hale Rd, Forrestfield WA 6058 T(08) 9359 1700 E Recreation@kalamunda.wa.gov.au www.kalamunda.wa.gov.au/recreation



SUNDAY 8:20am

BODY PUMP

GROUP FITNESS STUDIO

GROUP FITNESS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10am	6:10am	6:10am	6:10am	6:30am	8:20am
3XR** HART-FIT STUDIO	RPM RPM STUDIO	3XR** HART-FIT STUDIO	RPM RPM STUDIO	META PWR HART-FIT STUDIO	BODY ATTACK GROUP FITNESS STUDIO
9:25am	9:15am	9:25am	9:25am	9:15am	8:20am
BODY PUMP GROUP FITNESS STUDIO	YOGA YOGA STUDIO	GRIT STRENGTH GROUP FITNESS STUDIO	BODY PUMP GROUP FITNESS STUDIO	GRIT STRENGTH GROUP FITNESS STUDIO	SPIN 45 RPM STUDIO
9:30am	9:25am	10:00am	10:30am	9:55am	9:15am
SUSPENSION HART-FIT STUDIO	BODY ATTACK 45 GROUP FITNESS STUDIO	BODY BALANCE EXPRESS 30 GROUP FITNESS STUDIO	BODY BALANCE GROUP FITNESS STUDIO	RPM EXPRESS 30 RPM STUDIO	SUSPENSION HART-FIT STUDIO
10:30am	10:15am	10:30am	5:40pm	9:55am	9:25am
BOXING CIRCUIT** GROUP FITNESS STUDIO	CORE 45 GROUP FITNESS STUDIO	RPM RPM STUDIO	CORE 45 GROUP FITNESS STUDIO	CORE EXPRESS 30 GROUP FITNESS STUDIO	BODY BALANCE GROUP FITNESS STUDIO
6:00pm	5:25pm	10:30am	6:30pm	10:30am	
BODY BUSTER* HART-FIT STUDIO	SPIN 45 RPM STUDIO	BODY PUMP GROUP FITNESS STUDIO	BODY PUMP GROUP FITNESS STUDIO	BODY BALANCE EXPRESS 30 GROUP FITNESS STUDIO	
6:00pm	5:40pm	6:10pm	6:30pm		
YOGA YOGA STUDIO	CORE 45 GROUP FITNESS STUDIO	BOXING CIRCUIT** GROUP FITNESS STUDIO	RPM RPM STUDIO		
6:30pm	6:30pm	7:00pm	7:35pm		
BODY PUMP GROUP FITNESS STUDIO	BODY BALANCE GROUP FITNESS STUDIO	SH'BAM GROUP FITNESS STUDIO	BODY BALANCE GROUP FITNESS STUDIO		

CENTRE OPENING HOURS

Mondays to Thursdays: 6:00am - 9:00pm Fridays: 6:00am - 8:00pm Saturdays: 8:00am - 2:00pm **Sundays:** 8:00am - 12noon

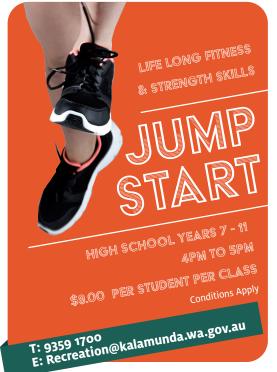
Subject to change

** Gym & Group Fitness Members



FOR A FITTER PLANET

This timetable is subject to change. (Public Holidays - contact staff for class times)



^{*} Gym Members Only