

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 – Peak	\$57.00					
12 MONTHS						
Combination (Group Fitness + Gym)	\$845.00					
Group Fitness or Gym – Peak	\$650.00					
CASUAL USE						
Group Fitness	\$16.00					
Gym – Peak	\$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

LesMills 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

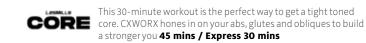
A sports-inspired, high-intensity cardio training class that LesMills combines athletic aerobic movements with strength & BODYATTACK stabilisation exercises 55 mins / Express 45 mins / Express 30 mins

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

a stronger you 45 mins / Express 30 mins

your inner star 45 mins / Express 30 mins

body workout 30 mins



.esMills



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 full-

Boxing Circuit is an interval based training regime designed

This 30-minute workout is the perfect way to get a tight toned

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

GRIT

BOXING CIRCUIT

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

Watch your fitness soar in this class by using your own body BODY weight. You will gain core stability, muscle strength & flexibility during this super-efficient workout. Most of all, it will assist you BUSTER to burn fat - fast 45 mins FIT FIT stands for Functional Interactive Training. You will

experience a full body functional workout in a fun, interactive ZONE and results driven environment 45 mins

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

A body conditioning routine that seeks to improve flexibility, **Pilates** core strength, balance and body awareness 55 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



GROUP FITNESS TIMETABLE

Updated: July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10am	6:10am	6:10am	6:10am	6:10am	8:20am	8:20am
3XR** HART-FIT STUDIO	RPM RPM STUDIO	3XR** HART-FIT STUDIO	RPM RPM STUDIO	3XR** HART-FIT STUDIO	BODY ATTACK GROUP FITNESS STUDIO	BODY PUMP GROUP FITNESS STUDIO
9:25am	9:15am	9:25am	9:25am	9:25am	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	9:55am	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 (5) GROUP FITNESS STUDIO	RPM RPM STUDIO	BODY ATTACK GROUP FITNESS STUDIO	CORE EXPRESS 30 GROUP FITNESS STUDIO	BODY BALANCE GROUP FITNESS STUDIO	
6:00pm	5:25pm	10:30am	6:00pm	10:30am		
BODY BUSTER* HART-FIT STUDIO	SPIN 45 RPM STUDIO	BODY PUMP GROUP FITNESS STUDIO	FIT ZONE* HART-FIT STUDIO	BODY BALANCE EXPRESS 30 GROUP FITNESS STUDIO		erniess
6:00pm	5:40pm	5:25pm	6:30pm			FE LONG FITNESS
YOGA STUDIO	CORE 45 GROUP FITNESS STUDIO	GRIT STRENGTH GROUP FITNESS STUDIO	BODY PUMP GROUP FITNESS STUDIO			STRENGTH SKILLS
6:30pm	6:30pm	6:10pm	6:30pm			
BODY PUMP GROUP FITNESS STUDIO	BODY BALANCE GROUP FITNESS STUDIO	BOXING CIRCUIT** GROUP FITNESS STUDIO	RPM RPM STUDIO			TART
		7:00pm	7:35pm			
CENTRE OPENING HOURS Mondays to Thursdays: 6:00am - 9:00pm		SH'BAM GROUP FITNESS STUDIO	BODY BALANCE GROUP FITNESS STUDIO		HIGH SCH	OOL YEARS 7 - 11 APM TO 5PM
ridays:	6:00am – 9:00pm			1	0.00	APPM -
aturdays: undays: ubject to change	8:00am - 2:00pm 8:00am - 12noon	Li	SMILLS	3	\$9.00 PER S	UDENT PER CLASS Conditions Apply
Gym Members Only * Gym & Group Fitness Me	mbers	This timetable is subj	ect to change. (Public Holidays - conta	ct staff for class times)	T: 9359 1700 E: Recreation@kalar	Nuneu