



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



Jack Lalane

## Health & Fitness Memberships

### DIRECT DEBIT

1 Upfront + 11 Monthly payments

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.

## 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**

### LES MILLS 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**

### LES MILLS BODYATTACK

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

### LES MILLS BODYBALANCE

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**

### LES MILLS CORE

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

### LES MILLS 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 **45 mins / Express 30 mins**

### LES MILLS 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**

### LES MILLS GRIT STRENGTH

A 30-minute high intensity interval training workout combining weight-lifting, running and plyometrics for the ultimate full-body workout **30 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**

## YOGA

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

## BODY BUSTER

Watch your fitness soar in this class by using your own body weight. 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**

## FIT ZONE

FIT stands for Functional Interactive Training. You will experience a full body functional workout in a fun, interactive and results driven environment **45 mins**

## SPIN

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**

## Pilates

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

Hartfield Park Recreation Centre

# Group Fitness Program



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 <b>3XR**</b> HART-FIT STUDIO	6:10am <b>RPM</b> RPM STUDIO	6:10am <b>3XR**</b> HART-FIT STUDIO	6:10am <b>RPM</b> RPM STUDIO	6:10am <b>3XR**</b> HART-FIT STUDIO	8:20am <b>BODY ATTACK</b> GROUP FITNESS STUDIO	8:20am <b>BODY PUMP</b> GROUP FITNESS STUDIO
9:25am <b>BODY PUMP</b> GROUP FITNESS STUDIO	9:15am <b>YOGA</b> YOGA STUDIO	9:25am <b>GRIT STRENGTH</b> GROUP FITNESS STUDIO	9:25am <b>BODY PUMP</b> GROUP FITNESS STUDIO	9:25am <b>GRIT STRENGTH</b> GROUP FITNESS STUDIO	8:20am <b>SPIN 45</b> RPM STUDIO	
9:30am <b>SUSPENSION</b> HART-FIT STUDIO	9:25am <b>BODY ATTACK 45</b> GROUP FITNESS STUDIO	9:55am <b>BODY BALANCE EXPRESS 30</b> GROUP FITNESS STUDIO	10:30am <b>BODY BALANCE</b> GROUP FITNESS STUDIO	9:55am <b>RPM EXPRESS 30</b> RPM STUDIO	9:15am <b>SUSPENSION</b> HART-FIT STUDIO	
10:30am <b>BOXING CIRCUIT**</b> GROUP FITNESS STUDIO	10:15am <b>CORE 45</b> GROUP FITNESS STUDIO	10:30am <b>RPM</b> RPM STUDIO	5:40pm <b>BODY ATTACK</b> GROUP FITNESS STUDIO	9:55am <b>CORE EXPRESS 30</b> GROUP FITNESS STUDIO	9:25am <b>BODY BALANCE</b> GROUP FITNESS STUDIO	
6:00pm <b>BODY BUSTER*</b> HART-FIT STUDIO	5:25pm <b>SPIN 45</b> RPM STUDIO	10:30am <b>BODY PUMP</b> GROUP FITNESS STUDIO	6:00pm <b>FIT ZONE*</b> HART-FIT STUDIO	10:30am <b>BODY BALANCE EXPRESS 30</b> GROUP FITNESS STUDIO		
6:00pm <b>YOGA</b> YOGA STUDIO	5:40pm <b>CORE 45</b> GROUP FITNESS STUDIO	5:25pm <b>GRIT STRENGTH</b> GROUP FITNESS STUDIO	6:30pm <b>BODY PUMP</b> GROUP FITNESS STUDIO			
6:30pm <b>BODY PUMP</b> GROUP FITNESS STUDIO	6:30pm <b>BODY BALANCE</b> GROUP FITNESS STUDIO	6:10pm <b>BOXING CIRCUIT**</b> GROUP FITNESS STUDIO	6:30pm <b>RPM</b> RPM STUDIO			
		7:00pm <b>SH'BAM</b> GROUP FITNESS STUDIO	7:35pm <b>BODY BALANCE</b> 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 Members Only

\*\* Gym & Group Fitness Members

# LES MILLS

FOR A FITTER PLANET

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



LIFE LONG FITNESS  
& STRENGTH SKILLS

# JUMP START

HIGH SCHOOL YEARS 7 - 11  
4PM TO 5PM  
\$9.00 PER STUDENT PER CLASS  
Conditions Apply

T: 9359 1700  
E: Recreation@kalamunda.wa.gov.au