

GROUP FITNESS TIMETABLE

Updated: 12 August 2024

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 BOXING CIRCUIT* GROUP FITNESS STUDIO	8:20am BODY PUMP GROUP FITNESS STUDIO
9:25am BODY PUMP GROUP FITNESS STUDIO	6:10am WINTER HIIT* HART-FIT STUDIO	9:15am META PWR* HART-FIT STUDIO	6:10am WINTER HIIT* HART-FIT STUDIO	9:15am EXPRESS CIRCUIT GROUP FITNESS STUDIO	8:20am RPM RPM STUDIO	
9:30am SUSPENSION* HART-FIT 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* HART-FIT STUDIO	
10:30am ROLLAFLEX 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	6:00pm BODY BUSTER* HART-FIT STUDIO	10:30am BODY BALANCE EXPRESS 30 GROUP FITNESS STUDIO		
6:00pm YOGA YOGA STUDIO	5:25pm RPM RPM STUDIO	7:00pm DANCE GROUP FITNESS STUDIO	6:30pm BODY PUMP GROUP FITNESS STUDIO			
6:30pm BODY PUMP GROUP FITNESS STUDIO	5:40pm ABT GROUP FITNESS STUDIO		6:45pm RPM RPM STUDIO			
	6:30pm BODY BALANCE GROUP FITNESS STUDIO		7:35pm BODY BALANCE GROUP FITNESS STUDIO			

* Platinum, Gym and Group Fitness Members able to attend this class.



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)	\$80.00 per month
Platinum (Group Fitness + Gym) - Concession Holders	\$64.00 per month
Group Fitness Only or Gym Only	\$62.50 per month
Group Fitness Only or Gym Only - Concession Holders	\$50.00 per month

12 MONTH MEMBERSHIP

1 Upfront Payment

Platinum (Group Fitness + Gym)	\$920.00
Platinum (Group Fitness + Gym) - Concession Holders	\$736.00
Group Fitness Only or Gym Only	\$710.00
Group Fitness Only or Gym Only - Concession Holders	\$568.00

CASUAL USE

Group Fitness Class or Gym Visit	\$18.00
Group Fitness Class or Gym Visit - Concession Holders	\$14.50
10 Class Pass	\$162.00
10 Class Pass - Concession Holders	\$130.50

* Conditions apply.

New Seniors Membership Options

We're thrilled to announce some fantastic enhancements to our membership options. Strength for Life and Active Seniors Fitness classes are now included in our memberships, giving over 50s members more ways to stay fit and active. Here's what is included for seniors in each membership type:

Platinum Membership - includes access to all Active Seniors group fitness classes and Strength For Life sessions.

Group Fitness Membership - includes access to all Active Seniors group fitness classes.

Gym Membership - includes access to all Strength For Life sessions.

Visit our website or ask our staff for more information.

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. 55 mins
<i>Les Mills</i> BODY ATTACK	A 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	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! 55 mins / Express 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
<i>Les Mills</i> CORE	Core hones in on your abs, glutes and obliques to build a stronger you. 45 mins / Express 30 mins
<i>Les Mills</i> DANCE	A high-energy workout that will reinvent the way you move and sweat! Each class has innovative dance movements that work cohesively with music inspired from a wide variety of dance genres. 45 mins
EXPRESS CIRCUIT	A station-based combination of resistance training and cardio exercises perfect for any individual. 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
ROLLAFLEX	A mood enhancing class, that lengthens your muscles through foam rolling and yoga-inspired stretching. The recovery, flexibility and performance boosting exercises will increase blood circulation, reduce scar tissue and increase range of movement. It is an essential addition to any training regime. 45 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
SUSPENSION	The suspension trainer assists your muscle strength, core stability, balance & even your coordination. 45 mins
WINTER 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
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

August 2024



Hartfield Park Recreation Centre

199 Hale Rd, Forrestfield WA 6058

T (08) 9359 1700

E Recreation@kalamunda.wa.gov.au

kalamunda.wa.gov.au/recreation

