

Health & Fitness Memberships



DIRECT DEBIT - 1 UPFRONT + 11 MONTHLY PAYMENTS

Combination (Group Fitness + Gym)	\$72.00
Group Fitness	\$56.00
Gym - Peak	\$53.00
Gym - Off Peak	\$47.00

12 MONTHS

Combination (Group Fitness + Gym)	\$826.00
Group Fitness or Gym - Peak	\$635.50
Gym - Off Peak	\$523.50

6 MONTHS

Combination (Group Fitness + Gym)	\$482.00
Group Fitness	\$371.00
Gym - Peak	\$370.50
Gym - Off Peak	\$305.00

3 MONTHS

Combination (Group Fitness + Gym)	\$275.50
Group Fitness or Gym - Peak	\$211.50
Gym - Off Peak	\$174.00

1 MONTH

Combination (Group Fitness + Gym)	\$115.00
Group Fitness	\$88.50
Gym - Peak	\$81.50
Gym - Off Peak	\$72.50

Off peak rate applies 8:00am - 4:00pm Monday to Friday.

CASUAL USE

Group Fitness	\$15.50
Gym - Peak	\$16.50
Gym - Off Peak	\$14.50
10 Class Pass	\$139.50
20 Class Pass	\$279.00

* 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



City of
Kalamunda

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: March 2022

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

* Gym Members Only
** Gym & Group Fitness Members



LIFE LONG FITNESS & STRENGTH SKILLS

JUMP START

HIGH SCHOOL YEARS 7 - 11
4PM TO 5PM
\$8.50 PER STUDENT PER CLASS
Conditions Apply

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

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

LES MILLS

FOR A FITTER PLANET

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