

Before you begin...

- Please complete our pre-screening questionnaire.
- A medical certificate may be required.
- The Strength for Life program requires doctor's referral letter and an individual appraisal with an instructor prior to participating.

Please see our staff for further information.




Kaya! Hello!

We look forward to seeing you soon.

 **Hartfield Park Recreation Centre**
199 Hale Road, Forrestfield

High Wycombe Community & Recreation Centre
200 Newburn Road, High Wycombe

Ray Owen Sports Centre
Gladys Road / Grove Road,
Lesmurdie

 **08 9359 1700**

 **recreation@kalamunda.wa.gov.au**

 **@CityofKalamundaRecreation**



Scan code for updated information or visit
kalamunda.wa.gov.au/recreation

Active Seniors

**Fitness programs
for Seniors**



Active Seniors Group Fitness Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Live Active A fun, social program that has been designed to keep you active at any fitness level. This class combines a variety of moves to help improve your cardio, strength and flexibility.</p>	<p>9:15am - 10:15am High Wycombe Community & Recreation Centre</p>			<p>9:15am - 10:15am 10:30am - 11:30am Ray Owen Sports Centre</p>		
<p>Strength & Tone These classes are similar to the Stretch & Tone classes but are focused on incorporating more strength exercises into the class.</p>		<p>8:00am - 9:00am Hartfield Park Recreation Centre</p>				
<p>Stretch & Tone These classes are based on Pilates to help you improve your overall fitness, toning and conditioning. This class is fun, simple, low intensity and designed for all fitness levels.</p>				<p>8:00am - 9:00am Hartfield Park Recreation Centre</p>		
<p>Yoga Gold Specifically designed to focus on balance and strength exercises to reduce the risks of falls in older adults.</p>	<p>10:30am - 11:30am Hartfield Park Recreation Centre</p>		<p>10:30am - 11:30am Hartfield Park Recreation Centre</p>		<p>10:30am - 11:30am Hartfield Park Recreation Centre</p>	
<p>Zumba Gold Takes the fun of Zumba and modifies the moves and pace to suit the over 50s participants. This class is for those who want a little excitement, passion and fun as a regular fitness activity.</p>			<p>9:15am - 10:15am High Wycombe Community & Recreation Centre</p>			
<p>Strength for Life A strength training program designed to improve quality of life and fitness for the over 50s. Please contact our staff prior to your first class to book a compulsory appraisal, which includes a customised workout designed just for you.</p>	<p>10:30am - 11:30am 11:30am - 12:30pm Hartfield Park Recreation Centre</p>	<p>10:30am - 11:30am 11:30am - 12:30pm Hartfield Park Recreation Centre</p>	<p>10:30am - 11:30am 11:30am - 12:30pm Hartfield Park Recreation Centre</p>	<p>10:30am - 11:30am Hartfield Park Recreation Centre</p>	<p>10:30am - 11:30am Hartfield Park Recreation Centre</p>	<p>10:30am - 11:30am Hartfield Park Recreation Centre</p>

Platinum Membership	Gym Membership	Group Fitness Membership	Multi-passes
<ul style="list-style-type: none"> • Access to all Active Seniors Group Fitness and Strength for Life classes • Access to Hartfield Park Recreation Centre Gym • Access to Hartfield Park Recreation Centre Group Fitness classes • Free Strength for Life appraisal • Free Gym appraisal & body scan every 3 months 	<ul style="list-style-type: none"> • Access to all Strength for Life classes • Access to Hartfield Park Recreation Centre Gym • Access to select Hartfield Park Recreation Centre Group Fitness classes. • One free Gym appraisal (does not include Strength for Life appraisal) 	<ul style="list-style-type: none"> • Access to all Active Seniors Group Fitness classes except Strength for Life • Access to Hartfield Park Recreation Centre Group Fitness classes 	<p>Strength for Life Multi-Pass - \$85.50</p> <ul style="list-style-type: none"> • Access to 10x Strength for Life classes <p>Active Seniors Multi-Pass - \$85.50</p> <ul style="list-style-type: none"> • Access to any combination of 10x of the above Active Seniors Group Fitness classes excluding Strength for Life classes.
<p>\$736.00 12 Months Upfront \$64.00 Monthly Direct Debit</p>	<p>\$568.00 12 Months Upfront \$50.00 Monthly Direct Debit</p>	<p>\$568.00 12 Months Upfront \$50.00 Monthly Direct Debit</p>	

