

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 & Lesmurdie Hall

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
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.	9:15am-10:15am 10:30am-11:30am High Wycombe Community & Recreation Centre	8:00am-9:00am Lesmurdie Hall	9:15am-10:15am High Wycombe Community & Recreation Centre	8:00am-9:00am 9:15am-10:15am 10:30am-11:30am Lesmurdie Hall	8:00am-9:00am Lesmurdie Hall	
Yoga Gold Specifically designed to focus on balance and strength exercises to reduce the risks of falls in older adults.	10:30am-11:30am Hartfield Park Recreation Centre		10:30am-11:30am Hartfield Park Recreation Centre		10:30am-11:30am Hartfield Park Recreation Centre	
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.	7:45am-8:45am 10:30am-11:30am 11:30am-12:30pm Hartfield Park Recreation Centre	10:30am-11:30am 11:30am-12:30pm Hartfield Park Recreation Centre	7:45am-8:45am 10:30am-11:30am 11:30am-12:30pm Hartfield Park Recreation Centre	10:30am-11:30am Hartfield Park Recreation Centre	10:30am-11:30am Hartfield Park Recreation Centre	10:30am-11:30am Hartfield Park Recreation Centre

Platinum Membership	Gym Membership	Group Fitness Membership	Multi-passes
• 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 & bodyscan every 3 months	• 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)	• Access to all Active Seniors Group Fitness classes except Strength for Life • Access to Hartfield Park Recreation Centre Group Fitness classes	Strength for Life Multi-Pass - \$90 - Access to 10x Strength for Life classes Active Seniors Multi-Pass - \$90 - Access to any combination of 10x of the above Active Seniors Group Fitness classes excluding Strength for Life classes.
\$776.00 12 Months Upfront \$67.20 Monthly Direct Debit	\$600 12 Months Upfront \$52.80 Monthly Direct Debit	\$600 12 Months Upfront \$52.80 Monthly Direct Debit	

Terms & Conditions apply. Prices shown include a 20% discount for eligible Concession Card holders. Timetable subject to change.

