

## PARTICIPANT INFORMATION

This information is provided for your enjoyment and safety whilst participating in Group Fitness activities at the Mount Barker Rec.Centre.

- Please wear comfortable active wear and appropriate sports shoes;
- Please bring water and a sweat towel;
- Introduce yourself to the instructor if you are a new participant and inform them of any medical condition or injury they should know about;
- It is recommended that patrons participate in both warm-ups and cool-downs to assist in preventing injuries; and
- Please be aware that there are possible risks to undertaking physical activity including injury and aggravation to health conditions. If injury or illness occurs during your work-out session, please bring this to the attention of the instructor immediately.

Our staff are here to help you get the most from your work-out, please ask questions: request feedback and enjoy the experience.

## OPENING HOURS

**Monday to Thursday**

8.30am -12:00pm

3:00pm - 8:00pm

**Friday**

8.30am - 12:00pm

**Saturday / Sunday**

Closed

## GROUP FITNESS CLASS COSTS

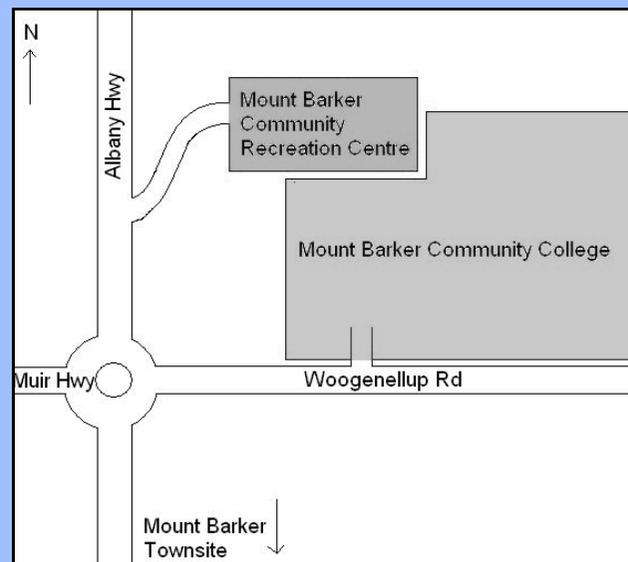
**Adult: \$11**

**Concession: \$5.50**

**There is a range of memberships available to suit your fitness needs.**

**Please speak with a Centre staff member.**

## WHERE TO FIND US



# Mount Barker Rec.Centre



**Activate, Motivate, Participate**

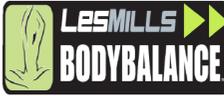
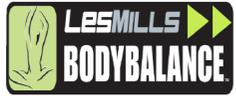
## Group Fitness Timetable

**Albany Highway , Mount Barker**  
**Phone: (08) 9851 2122**  
**recreation@plantagenet.wa.gov.au**

# MOUNT BARKER REC. CENTRE GROUP FITNESS TIMETABLE

Commencing 11th Feb 2019

## CLASS DESCRIPTIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.15am					
10.00am					
10.30am		<i>Staying Young Circuit</i> 			<i>Staying Young Circuit</i> 
5.30pm					
6.15pm					
6.45pm					

\*Classes are subject to change depending on instructor availability and facility access. The Centre is closed on weekends and public holidays.



Fully equipped crèche with fun activities for ages 12 weeks up to preschool. Available during morning classes.

**BOOKINGS ARE ESSENTIAL!**

Cost: \$4.50 for 1 hour  
\$7 for 2 hours

\* Valid until the 5th July 2019



**BODYPUMP®** is the original LES MILLS™ barbell class, that will sculpt, tone and strengthen your entire body, fast! ▶▶ 45 mins



**BODYBALANCE®** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. ▶▶ 45 mins



**HIITSTEP** is a NEW and innovative 30 minute HIIT exercise class using only bodyweight and a STEP.



Our **Workout of the Week** classes are always changing, so you can improve and challenge all areas of your fitness. **WOW** helps you get fitter faster. 45 mins



**NO coordination necessary** with this fitness class! Utilising free-standing boxing bags, box your way to fitness. Suitable for all fitness levels! 45 mins

**H.I.I.T  
XPRESS**

**High Intensity Interval Training** based on functional movements and can be modified for ages and abilities. For those who want to get in and get the job done, FAST! 30mins

*Staying Young  
Circuit* 

**Staying Young Circuits** are a supervised, low intensity exercise program delivered by qualified instructors. The classes are open to everyone and are suitable for people who have risk factors.



**LLLS** seeks to maximise opportunities to engage in an affordable, high quality, results oriented, strength training program for people aged over 50.