

GROUP FITNESS SCHEDULE

Timetable is subject to change. The Classes are not held on Public Holidays. Classes are suitable for 16 years and over .

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6.10AM				
9.15AM	MASHUP		MASHUP	
10.30AM				
5.30PM		MASHUP		

RISE and GRIND is our early morning class that is designed to kickstart your day. This class is always changing, so you can challenge all areas of your fitness.

HIT is based on high intensity functional movements. This class can be modified for all ages and abilities.

ABT- Abs, butts and thighs is a class dedicated to building strength as well as toning.

STRENGTH FOR LIFE (formerly known as "Living Longer Living Stronger") is an evidence based progressive strength training and exercise program designed specifically for the over 50's.

STAYING YOUNG CIRCUIT is 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.

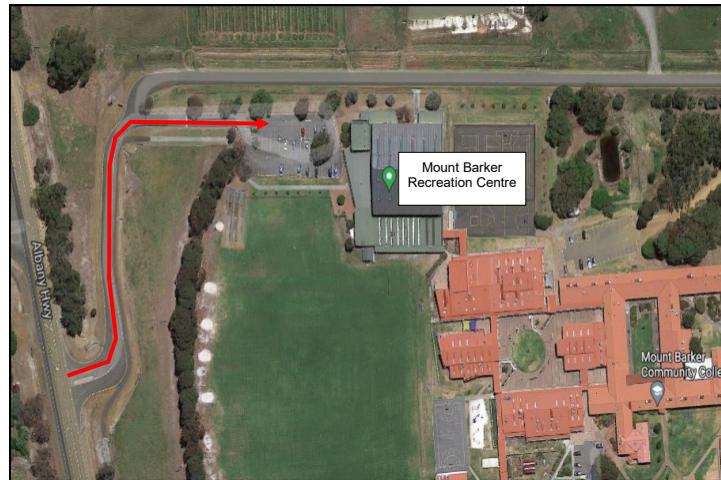
METAPWR is a 30 minute circuit class that combines resistance and bodyweight exercises to target and develop strength, power, agility, and cardiovascular efficiency.

HITSTEP is a NEW and innovative 30 minute HIT exercise class using only body-weight and a STEP.

FITBALL exercises help stabilise the abdomen while toning the body and building strength. It is a unique class that is suitable for people of all fitness abilities.

No coordination necessary with this circuit style fitness class! Utilising free-standing boxing bags and other equipment, you'll box your way to fitness. Suitable for all fitness levels!

BOXFIT BOXING is a 30 minute circuit class that combines resistance and bodyweight exercises to target and develop strength, power, agility, and cardiovascular efficiency.



Contact Us

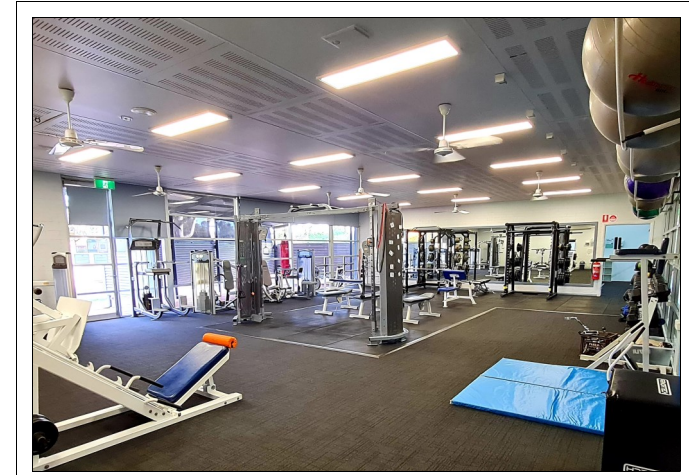
Postal: PO Box 48 Mount Barker W.A 6324

Phone: 08 9851 2122

Email: recreation@sop.wa.gov.au

OPENING HOURS

Monday	6.00am to 12.00pm	3.00pm to 7.00pm
Tuesday	8.00am to 12.00pm	3.00pm to 7.00pm
Wednesday	6.00am to 12.00pm	3.00pm to 7.00pm
Thursday	8.00am to 12.00pm	3.00pm to 7.00pm
Friday	8.00am to 12.00pm	Closed
Saturday	Closed	Closed
Sunday	Closed	Closed



Mount Barker Recreation Centre

Effective from 11 October 2021

HEALTH AND FITNESS 24/7 MEMBERSHIP

At Mount Barker Rec. Centre all of our memberships include :

- Gym access
- All Group Fitness classes
- 24/7 access key

All members receive a free gym assessment, gym program and a 30 minute personal training session.

We also offer:

- Small Group Training
- Personal Training Sessions
- Gym Appraisals

When using the gym, you are required to use a towel and wear appropriate footwear at all times.

No Towel, No Train

Please see one of our friendly staff for more information.



HEALTH AND FITNESS MEMBERSHIP

FULL CENTRE MEMBERSHIP 12 MONTHS PAID UPFRONT

Concession	Adult	Two Person
\$380	\$530	\$1000

FULL CENTRE MEMBERSHIP 12 MONTHS DIRECT DEBIT (FORTNIGHTLY PAYMENTS)

Concession (per fortnight)	Adult (per fortnight)
\$15	\$22.50

HEALTH AND FITNESS CASUAL ENTRY

GYM AND GROUP FITNESS

Adults \$12.00

Students and Concession \$6.00

10 Visit Pass

Adults \$108.00

Students and Concession \$55.00

ENTRY FEES

MULTIPURPOSE COURTS (no gym access)

Adults \$7.00

Students and Concession \$4.50

10 Visit Pass

Adults \$60.00

Students and Concessions \$40.00

SQUASH COURT HIRE

Per hour \$12.00

Racquet Hire \$4.00

Racquet Hire for Members **FREE**

CRECHE

Per 1 child

per hour \$4.50

between 1-2hrs \$7.00

10 visit pass - per 1 hour per child \$40