

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

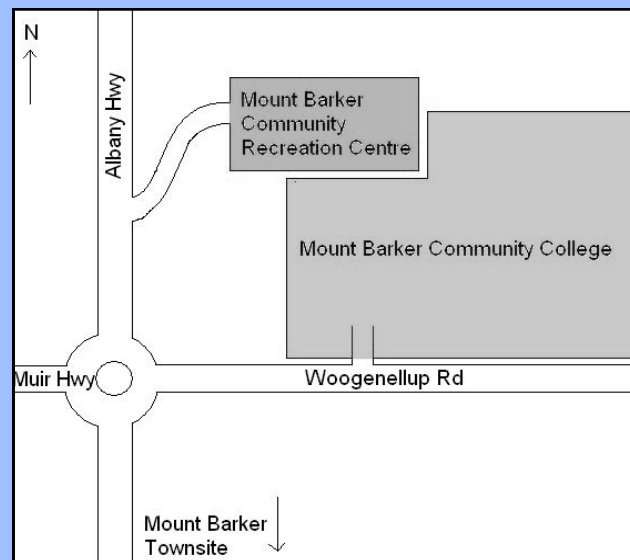
Adult: \$11

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 3rd February 2020

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					



GET PUMPED is a barbell workout using weights and bodyweight
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



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



MetaPwr is a thirty minute circuit class that combines resistance and bodyweight exercises to target and develop strength, power, agility, and cardiovascular efficiency!



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.



ABT– Abs, Bums and Thighs is a class all about toning. Suitable for all fitness levels!
30mins

*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.

CRÈCHE BOOKINGS ARE ESSENTIAL!

Cost: \$4.50 for 1 hour

\$7 for 2 hours

* Valid until April 2020