

GROUP FITNESS TIMETABLE

Effective 17 July 2017 – 22 September 2017

Time/Day	MON	TUE	WED	THU	FRI	SAT
9.00am	Hatha Yoga 9:00 – 10:15		Hatha Yoga 9:00 – 10:15			
9.15am		FITMUMS CHALLENGE 9:15 – 10:00		FITMUMS CHALLENGE 9:15 – 10:00		
10.30am	LIVING STRONGER COTA GYM 10:30 – 11:30	FITMUMS BOOTCAMP 10:15 – 11:00	FIT50s Plus GENTLE YOGA 10:30 – 11:00	FITMUMS BOOTCAMP 10:15 – 11:00	LIVING STRONGER COTA GYM 10:30 – 11:30	dru REGISTERED TEACHER YOGA
11.45am	FIT50s Plus FITNESS CIRCUIT 11:45 – 12:45	FIT50s Plus AEROBICS BLITZ 11:45 – 12:15	LIVING STRONGER COTA GYM 11:45 – 12:45	Metafit 11:45 – 12:15	FIT50s Plus FITNESS CIRCUIT 11:45 – 12:45	
1:00pm			FIT50s Plus FITNESS CIRCUIT 1:00 – 2:00pm			
4:00pm	KIDFIT CIRCUIT 4:00 – 4:45		KIDFIT CIRCUIT 4:00 – 4:45			
4.30pm				TEENFIT CIRCUIT 4:30 - 5:15		
5.00pm	TEENFIT GYM 5:00 - 6:30		TEENFIT GYM 5:00 - 6:30			

***FITMUMS CHALLENGE** is a 10 week all inclusive term program which delivers fitness training, advice and group goal setting. Places are limited and payment can be either upfront term fee or two x 10 class pass options. Casual entry is not available for this program.

***FITMUMS BOOTCAMP** is an 8 week fitness program which is open to all Health & Fitness members, 10 Class Pass holders or casual participants. See BLC staff for enrolment information and prices.


***KIDFIT** and **TEENFIT** are 8 week term fitness programs and age specific. Classes are \$10 casual or \$90 for 10 Class Passes. Youth Health & Fitness Members can attend all sessions with their membership, Gym members can attend all TEENFIT Gym sessions only.



Cnr Gifford Rd and Steere Street
Bridgetown WA 6255

08 9761 2966
recreation@bridgetown.wa.gov.au

Class times may be subject to change or cancellation due to instructor or attendance. Check our Facebook page for regular updates.



FITMUMS BOOTCAMP

FITMUMS CHALLENGE

Metafit

KIDFIT CIRCUIT

TEENFIT GYM

TEENFIT CIRCUIT

Hatha Yoga

FIT50s Plus FITNESS CIRCUIT

FIT50s Plus AEROBIC BLITZ

FIT50s Plus GENTLE YOGA

Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements directed by breathing (Video format)

Twice weekly high intensity workouts, circuits and programs designed especially for mums and dads with babies and toddlers. Children are incorporated into the classes with toddler specific sessions run side by side. Fun – Fitness - Friendship

10 week winter challenge offering a more personalized service to mums and dads. Take advantage of these great benefits: personalised fitness plans, nutrition plans, weight management, strength building, personal trainer and weekly updates.

The original 30 minute metabolic workout, work muscles Increase metabolism and improve fitness.

Designed for 8 to 12 year olds to support flexibility coordination and balance through interval circuit training Children will learn safe exercise techniques and proper use of gym equipment.

Introduction for young people aged 14 to 17 years to a Fitness environment. Learn gym etiquette, proper safe Use of gym equipment, develop a gym program with the aid of a personal trainer. (Not closed to the public) Supervised session for teens to utilise gym.

Designed for 13 to 17 year olds this high intensity interval circuit training will work & define muscles, use various equipment through stations to be completed at your own intensity and capabilities.

Practicing the postures, breathing exercises and makes you healthier in body, mind and spirit.

(1 Hour) Fitness and fun come together as you alternate non-impact aerobic warm up and cool down with upper body strengthening exercises using pin loaded equipment, bikes, hand held weights, elastic tubing and fitballs

(30 mins) Aerobics class which offers low intensity interval training. Classes provide modified low impact moves without complicated choreography, easy to follow pacing for those who want to add a bit more to their weekly workout regime or are commencing exercise for the first time.

(30 mins) Gentle yoga class that leads you through a complete series of seated and standing yoga poses. Chair support can be offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.