

FEES AND CHARGES

Casual visit \$14.00 per class
\$10.00 concession
(Pension/ Health Care Card)

10 class pass \$100.00

5 class pass \$40.00 concession
(pension/ health care card)

Fitness Memberships - unlimited classes

1 month - \$110

3 month - \$310

12 month - direct debit \$80/month

SmartStart - \$40 (conditions apply)

Line Dancing - \$6.00 per session

Living Longer Living Stronger -

\$60 assessment

\$5 session fees

NOTE: Concession cards must be presented
every time to receive discount.
Health care cards and pension cards accepted.

Conditions of Passes

- Class passes are only valid for 3 months from date of purchase
- Class pass must be produced in order to gain access to class
- Class passes are non-transferable
- Class passes are non-refundable

New to fitness?
Returning to exercise after injury
or pregnancy?
Join up with SMARTSTART!
Ask staff for more details.



ACTIVETOTS



Mon-Thurs from 9.15am-10.15am
for children aged 18months-4 years
\$20 for 5 visits
(Bookings are essential)

**ROCHE
PARK
RECREATION
CENTRE**

Coombes St, Collie WA
Ph: 9734 4388

E: rp.reception@collie.wa.gov.au

FB: www.facebook.com/rocheparkrecreationcentre

GROUP FITNESS

ROCHE PARK RECREATION CENTRE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.15am	METAFTT Teresa	RPM Teresa	CXWORX Dee	RPM Bec	
8.00am		Living Longer Living Stronger		Living Longer Living Stronger	
9.15am	RPM Teresa	BodyBALANCE Bec	BodyPUMP Teresa	BodyBALANCE Bec	METAFTT Teresa
10.30am		Line Dancing Living Longer Living Stronger		Living Longer Living Stronger	
5.30pm		BodyBALANCE Dee	RPM Bec		
5.45pm		CXWORX Dee			
6.30pm		BodyPUMP Dee	BodyPUMP Dee		

Please arrive 10 minutes early to class, to set up equipment and prevent class from running late.

Don't forget to bring a drink bottle and towel!

Please note that all classes are licensed for people aged 16 years+.

LES MILLS FOR A FITTER PLANET	DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	RESULTS
BODYPUMP	60 MINUTES	WEIGHTS BASED RESISTANCE TRAINING	MODERATE TO HIGH INTENSITY	560 CALORIES	BARBELL, PLATES & HEIGHT ADJUSTABLE STEP	INCREASES STRENGTH & ENDURANCE, TONES & SHAPES, HELPS MAINTAIN BONE HEALTH
BODYBALANCE	55 MINUTES	INSPIRED BY YOGA, TAI CHI & PILATES	LOW INTENSITY	390 CALORIES	YOGA MAT	IMPROVES JOINT FLEXIBILITY & RANGE OF MOTION, TONES & SHAPES, ENHANCES MENTAL WELLBEING
RPM	45 MINUTES	INDOOR CYCLING CARDIO	MODERATE TO HIGH INTENSITY	675 CALORIES	INDOOR STATIONARY BIKE	IMPROVES HEART & LUNG FITNESS, INCREASES STRENGTH AND ENDURANCE.
CXWORX	30 MINUTES	CORE STRENGTH TRAINING	MODERATE TO HIGH INTENSITY	210 CALORIES	RESISTANCE TUBE/ BAND	TIGHTENS & TONES CORE MUSCLES, IMPROVES FUNCTIONAL STRENGTH FOR BALANCE, MOBILITY & INJURY PREVENTION.



Burn Fat in your
sleep with Metafit™

**Metafit in 3 words;
Short, Intense, Rewarding**

Designed to work the whole body and lasts for over 24 hours. Metafit is a 30 minutes workout which burns fat, boosts metabolism and improves strength, speed and endurance/fitness.

Line Dancing
Join in the fun and
social way to keep fit!

Learn dances like the
Cha Cha, Rumba,
Charleston,
Burlesque...and more!



COTA

Exercise for the over 50s