

Fees & 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

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.

**ROCHE
PARK
RECREATION
CENTRE**

Coombes St, Collie WA

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GROUP FITNESS

2019



**ROCHEPARK
RECREATION
CENTRE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.15am	BodyPUMP <i>Terresa</i>	RPM <i>Terresa</i>	METAFIT <i>Terresa</i>	RPM <i>Bec</i>	
8.00am		Living Longer Living Stronger		Living Longer Living Stronger	
9.15am	RPM <i>Terresa</i>	BodyBALANCE <i>Bec</i>	Bodypump <i>Terresa</i>	BodyBALANCE <i>Bec</i>	METAFIT <i>Terresa</i>
10.30am	Living Longer Living Stronger	Living Longer Living Stronger Move and Groove Line Dancing		Living Longer Living Stronger	
5.30pm		BodyBALANCE <i>Bec</i>	RPM <i>Bec</i>		
6.30pm	BodyPUMP <i>Terresa</i>		BodyPUMP <i>Terresa</i>		

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+.




metafit.
BODYWEIGHT TRAINING

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 an interval class that boosts metabolism and improves strength, speed and cardiovascular fitness.



Move and Groove!
Join in the fun and social way to keep fit!

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



LIVING LONGER LIVING STRONGER™
COTA

Exercise for the over 50s

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.