

## Fees & Charges

### CASUAL VISIT

\$14.00 per class

\$10.00 concession (Pension/ HCC)

10 CLASS PASS \$100.00

5 CLASS PASS \$40.00 concession

### 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.

Please note that classes are for people aged 16years+

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



## Opening Times

Monday-Thursday 8:30am-late

Friday 8:30am-12pm

Weekends & Public Holidays CLOSED



Stay up to date. Like us on Facebook!



Roche Park Recreation Centre

Coombes Street, Collie 6225

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**Collie**

# GROUP FITNESS TIMETABLE

- Term 3 -



**ROCHEPARK** RECREATION  
CENTRE

# Term 3



# 2019

	MON	TUES	WED	THURS	FRI
6.15am	BodyPUMP <i>Terresa</i>		METAFIT <i>Terresa</i>		
8.00am		Living Longer Living Stronger <i>Terresa</i>		Living Longer Living Stronger <i>Terresa</i>	
9.15am	RPM <i>Bec</i>	BodyBALANCE <i>Bec</i>		BodyBALANCE <i>Bec</i>	METAFIT <i>Terresa</i>
10.30am	Living Longer Living Stronger <i>Terresa</i>	Living Longer Living Stronger <i>Terresa</i>  Move and Groove Line Dancing <i>Bec</i>		Living Longer Living Stronger <i>Terresa</i>	
5.30pm		BodyBALANCE <i>Bec</i>	RPM <i>Bec</i>		
6.00am			BodyPUMP <i>Dee</i>		
6.15pm	BodyPUMP <i>Terresa</i>				

<b>Body BALANCE</b>	The Yoga, Tai Chi and Pilates inspired workout. Build flexibility, strengthen your muscles, improve your posture and leave you feeling centred and calm.
<b>Body PUMP</b>	The original barbell class. Strengthen your body and fight fat. Your choice of weights enables you to get the most out of your workout.
<b>Metafit</b>	The intense 30 minute workout that lasts 24 hours. Improve your strength and fitness, burn fat and boost metabolism.
<b>RPM</b>	The indoor cycling class, set to the rhythm of motivating music. Control your resistance while instructors lead you through a series of simulated climbs and sprints.
<b>Move and Groove</b>	Learn dances like the Cha Cha, Rumba, Charleston, Burlesque...and more! Great for improving coordination.
<b>Living Longer Living Stronger</b>	Exercise for the over 50s. A personalised, progressive strength training and exercise program. GP referral required.

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!*