

## Fees & Charges

### GROUP FITNESS

#### 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

### SENIOR FITNESS

#### Living Longer Living Stronger

\$60 assessment

\$5 session fees

#### Functional Fitness and Senior Yoga

\$5/session

*\* 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+*



## Opening Times

Monday-Thursday 8:30am-late

Friday 8:30am-12pm

Weekends & Public Holidays CLOSED



*New to fitness?  
Returning to exercise  
after injury or pregnancy?*

**Join up with  
SMARTSTART!**  
Ask staff for more details.



**Stay up to date.  
Like us on Facebook!**

Roche Park Recreation Centre

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## RECREATION CENTRE GROUP FITNESS TIMETABLE

### Term 1 2020



	MON	TUES	WED	THURS	FRI
8.00am		Living Longer Living Stronger		Living Longer Living Stronger	
9.15am	RPM	FUSION YOGA	ZUMBA	BodyPUMP	
10.30am	Functional Fitness	Living Longer Living Stronger	Senior Yoga	Living Longer Living Stronger	
5.30pm		FUSION YOGA	RPM		
6.00pm			BodyPUMP	ZUMBA	
6.15pm	BodyPUMP				

Group Fitness Classes		Senior Fitness Classes	
<p><b>BodyPUMP</b></p> <p>The original Les Mills barbell class. Strengthen your body and fight fat. Your choice of weights enables you to get the most out of your workout.</p>	<p><b>RPM</b></p> <p>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.</p>	<p><b>Living Longer Living Stronger</b></p> <p>Exercise for the over 50s. A personalised, progressive strength training and exercise program. Exercise and socialise afterwards with a free cuppa. GP referral is required before joining this program.</p>	
<p><b>FUSION YOGA</b></p> <p>This yoga class will help you build flexibility, strengthen your muscles, improve your posture and leave you feeling centred and calm.</p>	<p><b>ZUMBA</b></p> <p>Fitness that is fun! Combines latin &amp; international music with dance. Zumba alternates fast and slow rhythms to help improve cardiovascular fitness.</p>	<p><b>Functional Fitness</b></p> <p>Prepares the body for real life movements, such as squatting, reaching, pulling &amp; lifting. Daily activities will be easier with functional fitness integrated into your exercise routine.</p>	<p><b>Senior Yoga</b></p> <p>A holistic practice combining physical poses, mindfulness, breathing techniques and meditation. Suitable yoga practice options for those with limited mobility.</p>

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!*