



CLASS DESCRIPTIONS, FEES & CHARGES

SENIOR FITNESS

Strength For Life

\$65.00 assessment

\$5 session fees

Functional Fitness

\$5 per session

STRENGTH FOR LIFE

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.

FUNCTIONAL FITNESS

Prepares the body for real life movements, such as squatting, reaching, pulling & lifting. Daily activities will be easier with functional fitness integrated into your exercise routine.

JUNIOR PROGRAMS

All our Junior Programs are
\$5 per session

SENIOR INCLUSIVE SPORT

#NO LIMITS
\$4 per session

MINI MARVELS

Mini Marvels combines Sporty Tots and Playgroup in to one awesome program. Each week will focus on a different picture book theme and will include fundamental movement skills activities and craft activities. Come along for a 'marvelous' adventure!

SPORTYTOTS

Allows children aged 1 to 4 to build the knowledge and skills to assist them in learning how to run, jump, balance, kick, throw and more.

#NO LIMITS

A fun social group that meets every week to have a go at different sports and recreation activities.

We offer a variety of ways for people with disabilities to play sport, including sports with modifications and a mixture of individual and team play options.

Build confidence and develop physical skills in a non-competitive environment.

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

12 month - direct debit \$80/month

BODY PUMP

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.

RPM

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.

BODY BALANCE

The Yoga, Tai Chi and Pilates inspired workout. Build flexibility, strengthen your muscles, improve your posture and leave you feeling centred and calm.

ZUMBA

Fitness that is fun! Combines Latin & international music with dance. Zumba alternates fast and slow rhythms to help improve cardiovascular fitness. For all fitness levels.

BOXFIT

Boxfit is a cardiovascular workout based on boxing techniques. It is suitable for all levels and helps improve agility, strength, and overall fitness.

AQUA ZUMBA

Located at the Collie Pool, Aqua Zumba is classic aqua aerobics with Latin flavor added. Aqua Zumba is designed for anyone who can follow instructions and manage being in the water.