

Before you begin...

- Please complete our pre-screening questionnaire.
- A medical certificate may be required.
- The Strength for Life program requires doctor's referral letter and an individual appraisal with an instructor prior to participating.

Please see our staff for further information.



# Kaya! Hello!

*We look forward to seeing you soon.*



## Hartfield Park Recreation Centre

199 Hale Road, Forrestfield

## High Wycombe Community & Recreation Centre

200 Newburn Road, High Wycombe

## Ray Owen Sports Centre & Lesmurdie Hall

Gladys Road / Grove Road, Lesmurdie



08 9359 1700



Recreation@kalamunda.wa.gov.au



@CityofKalamundaRecreation



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[kalamunda.wa.gov.au/recreation](http://kalamunda.wa.gov.au/recreation)



# Active Seniors

**Fitness programs  
for Seniors**

Active Seniors Group Fitness Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Live Active</b> A fun, social program that has been designed to keep you active at any fitness level. This class combines a variety of moves to help improve your cardio, strength and flexibility.	<b>9:15am-10:15am</b> <b>10:30am-11:30am</b> High Wycombe Community & Recreation Centre	<b>8:00am-9:00am</b> Lesmurdie Hall	<b>9:15am-10:15am</b> High Wycombe Community & Recreation Centre	<b>8:00am-9:00am</b> <b>9:15am-10:15am</b> <b>10:30am-11:30am</b> Lesmurdie Hall	<b>8:00am-9:00am</b> Lesmurdie Hall	
<b>Strength &amp; Tone</b> These classes are similar to the Stretch & Tone classes but are focused on incorporating more strength exercises into the class.		<b>8:00am-9:00am</b> Hartfield Park Recreation Centre				
<b>Stretch &amp; Tone</b> These classes are based on Pilates to help you improve your overall fitness, toning and conditioning. This class is fun, simple, low intensity and designed for all fitness levels.				<b>8:00am-9:00am</b> Hartfield Park Recreation Centre		
<b>Yoga Gold</b> Specifically designed to focus on balance and strength exercises to reduce the risks of falls in older adults.	<b>10:30am-11:30am</b> Hartfield Park Recreation Centre		<b>10:30am-11:30am</b> Hartfield Park Recreation Centre		<b>10:30am-11:30am</b> Hartfield Park Recreation Centre	
<b>Strength for Life</b> A strength training program designed to improve quality of life and fitness for the over 50s. Please contact our staff prior to your first class to book a compulsory appraisal, which includes a customised workout designed just for you.	<b>10:30am-11:30am</b> <b>11:30am-12:30pm</b> Hartfield Park Recreation Centre	<b>10:30am-11:30am</b> <b>11:30am-12:30pm</b> Hartfield Park Recreation Centre	<b>10:30am-11:30am</b> <b>11:30am-12:30pm</b> Hartfield Park Recreation Centre	<b>10:30am-11:30am</b> Hartfield Park Recreation Centre	<b>10:30am-11:30am</b> Hartfield Park Recreation Centre	<b>10:30am-11:30am</b> Hartfield Park Recreation Centre

Platinum Membership	Gym Membership	Group Fitness Membership	Multi-passes
<ul style="list-style-type: none"> <li>• Access to all Active Seniors Group Fitness and Strength for Life classes</li> <li>• Access to Hartfield Park Recreation Centre Gym</li> <li>• Access to Hartfield Park Recreation Centre Group Fitness classes</li> <li>• Free Strength for Life appraisal</li> <li>• Free Gym appraisal &amp; body scan every 3 months</li> </ul>	<ul style="list-style-type: none"> <li>• Access to all Strength for Life classes</li> <li>• Access to Hartfield Park Recreation Centre Gym</li> <li>• Access to select Hartfield Park Recreation Centre Group Fitness classes.</li> <li>• One free Gym appraisal (does not include Strength for Life appraisal)</li> </ul>	<ul style="list-style-type: none"> <li>• Access to all Active Seniors Group Fitness classes except Strength for Life</li> <li>• Access to Hartfield Park Recreation Centre Group Fitness classes</li> </ul>	<b>Strength for Life Multi-Pass - \$90</b> - Access to 10x Strength for Life classes  <b>Active Seniors Multi-Pass - \$90</b> - Access to any combination of 10x of the above Active Seniors Group Fitness classes excluding Strength for Life classes.
<b>\$776.00</b> 12 Months Upfront <b>\$67.20</b> Monthly Direct Debit	<b>\$600</b> 12 Months Upfront <b>\$52.80</b> Monthly Direct Debit	<b>\$600</b> 12 Months Upfront <b>\$52.80</b> Monthly Direct Debit	



Terms & Conditions apply. Prices shown include a 20% discount for eligible Concession Card holders. Timetable subject to change.