

## 24/7 Memberships Options



DIRECT DEBIT 1 UPFRONT + 11 MONTHLY PAYMENTS

\$34.00

12 Months

\$374.50

6 Months

\$218.00

3 Months

\$125.00

1 Month

\$52.00

All memberships include a complimentary induction

### Multi-Visit Passes

5 x Multi Visit Pass Group Fitness

\$67.50

10 x Multi Visit Pass Group Fitness

\$121.50

### Concession Rates Available

Memberships & Multi - Visit Passes can be purchased online

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



### 24/7 Gym Member Access

Group Fitness classes closed on public holidays

**High Wycombe Community & Recreation Centre**  
200 Newburn Road, High Wycombe  
T (08) 9359 1700 E [Recreation@kalamunda.wa.gov.au](mailto:Recreation@kalamunda.wa.gov.au)  
[www.kalamunda.wa.gov.au/recreation](http://www.kalamunda.wa.gov.au/recreation)



# High Wycombe Community & Recreation Centre

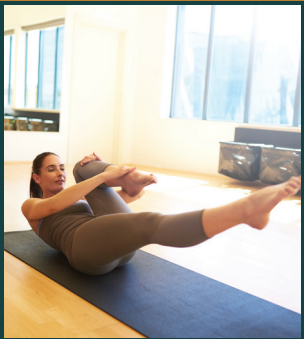


## Group Fitness Program



City of  
**Kalamunda**

# GROUP FITNESS TIMETABLE

## High Wycombe Community & Recreation Centre

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30 AM		<b>Pilates</b>			
		<p>A body conditioning routine that seeks to improve flexibility, core strength, balance and body awareness.</p> <p>(55mins)</p>			
6.15 PM					
				<p>A high calorie burning, Latin infused rhythms and dance class. The moves are catered for all levels of fitness and will assist you in a total body workout.</p> <p>(55 mins)</p>	