



All Active Seniors classes are only \$8.00.
Multi-passes are also available.

Before you begin ...

Before participating in any of the Seniors Programs you will need to complete a pre-screening questionnaire. A medical certificate may also be required. The Strength for Life requires an individual appraisal with an instructor (see class description).

Please see our staff for further information.

Healthy body
Healthy mind

WE LOOK FORWARD TO MEETING YOU!

Hartfield Park Recreation Centre
199 Hale Rd, Forrestfield

**High Wycombe Community
& Recreation Centre**
200 Newburn Rd, High Wycombe

Maida Vale Hall/Netball Centre
Cnr of Midland Road & Ridgehill Road, Maida Vale

Ray Owen Sports Centre
Corner Gladys Rd & Grove Rd, Lesmurdie

Contact Us

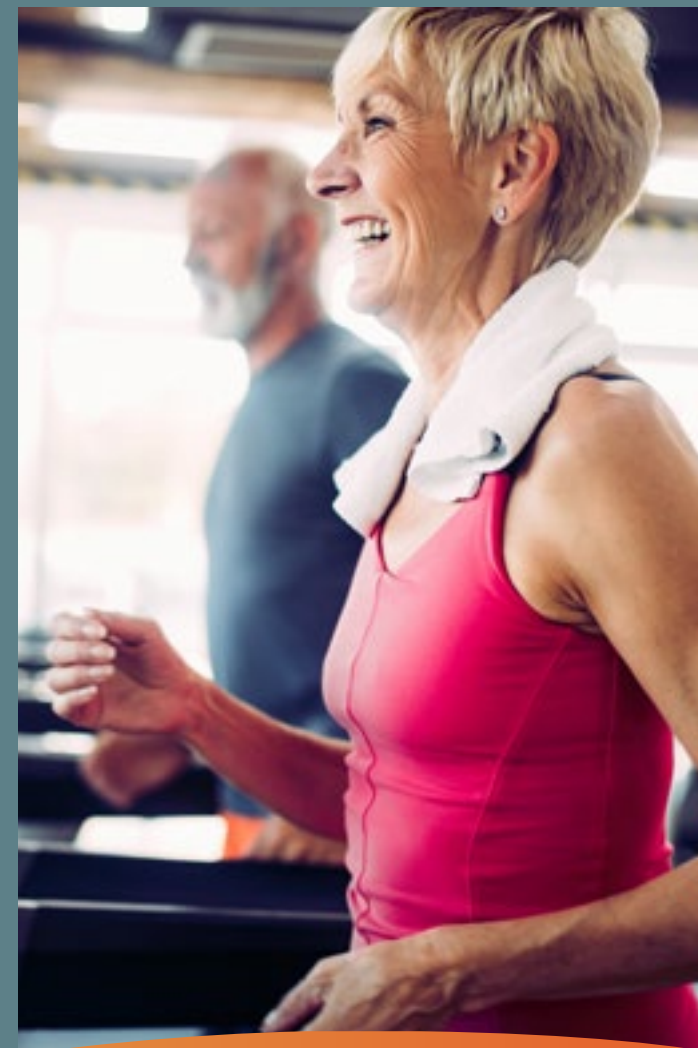
199 Hale Road
Forrestfield WA 6058
PH: (08) 9359 1700
Recreation@kalamunda.wa.gov.au

www.kalamunda.wa.gov.au/recreation



Active Seniors

Fitness Programs for the Over 50s




CLASS DESCRIPTIONS

Stretch & Tone is based on the Pilates method and will help you to improve your overall fitness, toning and conditioning. This class is fun, simple, low intensity and designed for all fitness levels.


Live Active is 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.

ZUMBA GOLD takes the fun of Zumba and modifies the moves and pace to suit the over 50s participants. This class is for those who want a little excitement, passion and fun as a regular part of their fitness activity.














 **Strength for Life** strength training program designed to improve quality of life and fitness for the over 50s. Please contact our staff to book a compulsory appraisal, which includes a customised workout designed just for you.

Social Table Tennis is a low intensity, fun, interactive competition for seniors of all fitness levels. 9:30am to 11:30am. \$5.50 per person.

YOGA GOLD Increasing balance can be achieved through regular balance exercises. This Yoga class has been specifically designed to focus on balance and strength exercises to reduce the risks of falls in older adults.

 **360** is based on 3 x 20 minute programs specially designed with the modified moves of Zumba, followed by Strength Training to improve overall fitness and finishing with Yoga Gold designed to focus on balance. This class is fun and is designed for all fitness levels.

GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		Stretch & Tone HPRC			Stretch & Tone HPRC	
9:15am			ZUMBA GOLD HWCRC	Live Active ROSC		
				 MVNH		
9:30am		Social Table Tennis HPRC			Social Table Tennis HPRC	
10:30am	YOGA GOLD HPRC	 HPRC	 HPRC	 HPRC	YOGA GOLD HPRC	 HPRC
	 HPRC				 HPRC	
11:30am	 HPRC	 HPRC	 HPRC			

HPRC: Hartfield Park Recreation Centre

HWCRC: High Wycombe Community & Recreation Centre

MVNH: Maida Vale Hall/Netball Centre

ROSC: Ray Owen Sports Centre