

GYM AND GROUP FITNESS

The Denmark Recreation Centre provides a range of fitness classes and gym sessions to suit various levels of fitness and mobility. If you are attending a class for the first time, we recommend you arrive 10 minutes early so you can introduce yourself to our qualified instructors. All classes held in the function room or courts unless otherwise stated. Our gymnasium has a range of equipment to suit all users from treadmills, recumbent bicycles, cross trainers and elliptical trainers for aerobic exercise, to olympic bars, free weights and dumbbells for strength. After hours access available to members only (conditions apply.)

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
6.00am			Yoga		Power Bar		HIIT30 (Cardio)		
8.00am			Living Legend (Gym)**				Living Legend (Gym)**		
9.00am	Pilates 1	Power Circuit (Gym)**	Pilates 2	Zumba Gold	Balls and Bands		Power Bar	9.15am Body Stretch	Boxing
10.00am	Supervised Gym		10.15am Weight it Out (45)		Living Legend (Gym)**	Qi Yoga			Pilates 1
11.00am	Chair Yoga								
4.00pm			Supervised Gym						
5.30pm	HIIT30 (Strength)		Club Fiesta		Yoga				
6.00pm							HIIT30 (Strength)		
6.30pm			Boxing (45)						Current as at 30 January 2023.

** Please note the functional area of the gym is not available during these sessions at the following times: **Monday 9.00am - 10.00am, Tuesday 8.45am - 9.00am, Wednesday 10.45am - 11.00am, Thursday 8.30am - 9.00am.** The remainder of the gym is available for use during these times.



Denmark Recreation Centre
 Brazier Street, Denmark
 (08) 9848 0344
 reccentre@denmark.wa.gov.au

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 @denmarkrecreationcentre

Centre Opening Hours*

MONDAY 8.00am - 7.30pm
 TUESDAY 8.00am - 7.30pm
 WEDNESDAY 8.00am - 7.30pm
 THURSDAY 8.00am - 7.30pm
 FRIDAY 8.00am - 7.30pm

*Centre may be open outside of these hours but reception will be closed.

Creche Services

MONDAY 8.50am - 11.00am
 TUESDAY 8.50am - 11.00am
 THURSDAY 8.50am - 11.00am
 FRIDAY 8.50am - 11.00am



GYM AND FITNESS CLASS DESCRIPTIONS

We have a range of classes on offer to suit various levels of fitness and abilities. Note: 14 - 15 yr olds may attend classes with parental permission.

Balls and Bands A low impact class that uses fitballs and resistance bands to improve the core, balance, flexibility and strength.

Body Stretch Improve your flexibility and release tightness through a series of body movements designed to increase your mobility. The session ends with a brief relaxation and meditation. Suitable for all ages and fitness abilities.

Boxing A medium to high intensity class that utilises glove/pad combos and bodyweight movements to provide a well-rounded workout. It is a high intensity class that is designed to improve overall fitness.

Chair Yoga A gentle form of yoga that can be done while sitting. Some poses can be done using a chair for support. Chair Yoga can improve flexibility, concentration and strength whilst boosting your mood. Suitable for all ages and fitness abilities.

Club Fiesta A fun, engaging and inclusive dance class involving high and low movements which allows everyone to participate.

HIIT30 A thirty minute high intensity interval training workout. Strength uses barbell and weights. Cardio uses body weight and step.

Living Legends Gym Sessions These supervised gym sessions take place in the gymnasium. Participants are guided through their programs by a qualified trainer. To attend the Living Legends gym session you must first attend a half hour one on one appraisal (\$37.00).

Power Bar Using a barbell and hand weights, the workout applies the repetition method to build strength and tone.

Power Circuit Held in the functional area of the gym, this high intensity circuit style workout uses strength and cardio exercises to improve athletic fitness.

Pilates 1 Suitable for beginners. These classes are designed to build a strong foundation in the Pilates method, based on the classical exercises.

Pilates 2 Suitable for those who have attended Pilates 1 and are looking for a more dynamic and challenging series of pilates based exercises that aim to strengthen muscles whilst improving postural alignment and flexibility.

Qi Yoga Qi means "life-force". This style of yoga incorporates dance style yoga movements to increase energy and transform your health, vitality and wisdom.

Supervised Gym Sessions Our supervised gym sessions are open for all members to attend (including 14-15 year olds). Our qualified trainer is available to offer exercise advice and supervised use of the equipment. Suitable for all ages and fitness abilities.

Weight it Out Using a light barbell and weights, this class involves low impact movements to improve overall strength. Suitable for all ages and fitness abilities.

Yoga This class incorporates warming yoga flow, opening asanas and savasana for strength and flexibility leaving you feeling revitalised and relaxed.

Zumba Gold A fun fitness program based on exciting Latin and international dance styles. It's performed at a lower intensity level to be more accessible. Suitable for all ages and fitness abilities.

CRECHE SERVICES Our Creche Service runs three mornings per week. Monday, Tuesday, Thursday and Friday. Suitable for ages 1 - 6. Bookings are essential as spaces are limited. The cost is \$4.50 per child or 10 x creche passes available for \$40.00.

FITNESS AND MEMBERSHIP FEES & CHARGES Fitness memberships includes fitness classes, after hour access key and gym access. Upfront payment required.

Fitness Membership	1 Month \$120	3 month \$250	12 month \$600
Casual Class / Gym Visit	Adult \$16.00 (10 visit Pass \$145.00)	Concession (Senior/Student/Disability Card) \$8.50 (10 visit Pass - \$77.00)	

PERSONAL TRAINING Contact our reception staff to find out more about our Personal Training services available to members.

Introductory PT Program Package \$160 includes initial one on one consultation, personalised 4 week self guided program, one on one PT session and program walk through. Additional PT sessions **1/2hr PT** \$37.00 **1 hour session** \$64.00

Current as at 30 January 2023.