

Gym and Group Fitness Timetable

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am		Living Legend (Gym)**	Living Legend (Gym)**	Functional Fit	Pilates 1 (Fundamentals)	
9.00am	Strength & Tone	Pilates 2 Progressive	Music & Moves	Body Stretch	Boxing	9.30am Pilates
10.00am	Pilates 1 (Fundamentals)	Weight It Out	Chair Yoga	Dynamic Vinyasa Yoga		
11.00am	Chair Yoga					
4.00pm		Supervised Gym		Supervised Gym		
5.00pm	Pilates 2 (Progressive)					
5.30pm		ABT45	Yoga			
6.00pm				CURRENT AS OF FEBRUARY 2025		

Gym and Fitness Class Descriptions

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 including stairmaster, treadmills, medical recumbent bikes, 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.) Note: 14/15yr olds may attend classes/supervised gym with parental permission.

ABT - Abs, Bums, Thighs, designed to tone and strengthen. 45 minute class. Suitable for all fitness levels with options.
Balls and Bands 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 serious 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.
Functional Fit A low impact circuit designed to improve strength and cardio fitness. Suitable for all fitness levels.
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 arrange an appraisal first.
**** The functional area of the gym is not available at the following times: Tuesday and Wednesday 8.45am - 9.00am.**
Music and Moves A fun fitness program based on dance styles. It's performed at a lower intensity level to be more accessible.
Pilates 1 (Fundamentals) Focuses on the fundamental pilates principles, functional movements and technique. Designed for all levels through various adjustments and modifications. Suitable for beginners.

Pilates 2 (Progressive) Intermediate level class, for those with previous experience who seek a more dynamic challenge. Focusing on enhancing technique, layering progressions and improving strength, stability and coordination.
Strength & Tone: A low impact workout suitable for most fitness levels which focusses on developing strength whilst toning.
Supervised Gym Sessions 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.

Vinyasa Yoga A playful practice that links movement with breath in one smooth continuous sequence. In this class you will be led from one pose to another through your inhale and exhale, creating heat inside the body and a stillness in the mind.
Yoga Incorporating warming yoga flow, opening asanas and savasana for strength and flexibility, revitalisation and relaxation.

CLASS PARTICIPATION: Classes are subject to minimum and maximum numbers. We recommend you arrive 5 minutes early to avoid disappointment as some of our classes reach capacity from time to time. We also require a minimum number of participants to run fitness classes. Classes may be removed from the timetable if attendance is consistently low. PREGNANT PARTICIPANTS: Please talk with the instructor prior to class to discuss options and class suitability.

CRECHE SERVICES Our Creche Service runs four mornings per week. Monday, Tuesday, Thursday and Friday. Suitable for children as young as 1 year and up to the age of 6. Bookings are essential as spaces are limited. Fitness Members are given priority. The cost is \$5.00 per child or \$41.00 (10 passes) or \$79.00 (20 passes).

FITNESS AND MEMBERSHIP FEES & CHARGES Fitness memberships includes fitness classes, after hour access key, gym access and creche (conditions apply). Upfront payment required.
Fitness Membership 1 Month \$130 3 month \$275 12 month \$660 (FIFO \$540 - Conditions Apply)
Casual Class / Gym Visit Adult \$17.00 (10 Pass \$155.00) Concession \$9.50 (10 Pass \$84.00)

PERSONAL TRAINING Contact our reception staff to find out about our Personal Training services available to members. Introductory PT Program Package \$175 includes initial one on one consultation, personalised 4 week self guided program, one on one PT session and program walk through. Additional one on one session: 1 x \$70.00 or 3 x \$175.00. Small group personal training (up to 4): \$103 per session.

Current as at February 2025

SPORTS HALL

Our Sports Hall features two courts with scoreboards, retractable basketball rings and line markings for a range of sports.

Fees Apply for the casual use of the courts.

Adult \$6.00

Child (17 and Under) / Concession / Senior \$5.00

Full Court and Half Court Hire available.

The sports hall is used for various social sports activities including:

Badminton Tuesdays 9.30am - 11.30am / Wednesdays 6pm - 8pm

Table Tennis Mondays 10am - 11.30am

Pickle Ball Monday 10.30am - 11.30am / Tuesdays 4.30pm - 7.00pm / Fridays 10am - 11.30am

Mixed Netball

Indoor Volleyball Wednesday 6.00pm (Summer)

Check the website for more information on our Social Sports Programs.

SPORTING CLUBS

The Recreation Centre is used by the Denmark Basketball Association (Summer) and Denmark Netball Association (Winter) to facilitate their fixtured sports.

To find out about registering for these sports please contact the associations directly.

To view the list of Denmark Sporting Clubs go to www.denmark.wa.gov.au/sporting-clubs-corner.aspx

FUNCTION ROOM HIRE

The Denmark Recreation Centre Function Room is suitable for corporate and social functions, training seminars, workshops and catered events. The room includes adjoining commercial kitchen and bar with cool room. Suitable for up to 100 persons. To make a booking contact us on 9848 0344 to discuss further.

OVAL HIRE

To book the McLean Park Oval or High School Oval for training or events please contact us on 9848 0344 or email reccentre@denmark.wa.gov.au



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 - 5.00pm
SATURDAY	8.00am - 11.00am

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

Denmark Recreation Centre

Brazier Street, Denmark

(08) 9848 0344

reccentre@denmark.wa.gov.au

www.denmark.wa.gov.au/recreation-centre



FOLLOW US ON FACEBOOK

@denmarkrecreationcentre



- 24/7 GYM
- FITNESS CLASSES
- CRÈCHE
- SOCIAL SPORTS
- SPORTS HALL
- FUNCTION ROOM



AUSactive Membership No. 403201