



## **Group Fitness and Aqua Fit Information**

*All Group Fitness Classes are included in Full Centre Memberships*

### Casual Entry Fees:

*(GST inclusive)*

*\$8.00 per casual visit / \$72.00 per 10 ticket pass*

*\$6.80 per concession visit / \$61.20 per 10 ticket concession pass*

*Participation in Group Fitness programs is a great way to achieve maximum health and fitness benefits. Improve your overall conditioning, strength, and flexibility in our classes. It's also a great social activity and stress reliever!*

### PLEASE NOTE!

*Classes have number restrictions due to space and equipment limitations. Please arrive early to ensure your place in class and make sure you SIGN IN on the attendance sheet!*

**Fremantle Leisure Centre reserves the right to alter or cancel classes and change instructors without notice**





## **GROUP FITNESS GUIDELINES**

Every exercise class consists of 3 parts to incorporate all the components of fitness—flexibility, cardiovascular conditioning, muscular strength and endurance and relaxation.

1. *Warm up:* consists of large range of motion movements that slowly raise the heart rate, increase body temperature and loosen the joints.
2. *Workout:* consists of an aerobic conditioning component involving repetitive movement of large muscle groups that raise the heart rate into your training zone AND/OR a muscular conditioning component involving resistance exercises to challenge the muscle groups to make them stronger.
3. *Cool-down/Relaxation Phase:* designed to stretch and relax the body and bring it back to a resting state.

**Newcomers! Please identify yourself to the Instructor prior to the class commencing.**

## **CLASS ETIQUETTE**

- *Entering a class in progress is not recommended. Latecomers need to obtain the instructor's permission to join in. Do not enter a class before the current class is finished.*
- *Appropriate footwear and exercise attire must be worn at all times.*
- *Please set up and put away your equipment before and after each class.*
- *A towel and water bottle are recommended..*
- *Classes are a GROUP ACTIVITY. We request that you follow the instructor's routine. We encourage you to modify exercises to suit your ability; however, "Doing your own thing" can be disruptive to the class and distracting to the instructor.*
- **PLEASE REFRAIN FROM TALKING LOUDLY DURING CLASS**
- *Please inform the instructor if you are pregnant or suffer from any joint problems/injuries or medical conditions that could be aggravated by exercise.*

