



Group Fitness and Aqua Fit Information

All Group Fitness Classes are included in Full Centre Memberships

Casual Entry Fees:

(GST inclusive)

\$8.50 per casual visit / \$76.50 per 10 ticket pass

\$7.20 per concession visit / \$64.80 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.

