

Introduction to Fitness Program 2025



Wickham Recreation Precinct
T: 9186 8684 Carse Street, Wickham WA 6720
wickham.rec@karratha.wa.gov.au

APPLICANT INFORMATION		MEMBER NO#	
Name:			
Age:	DOB:	Phone:	
Current address:			
State:	City:	Post Code:	
Email:			
EMERGENCY CONTACT			
Name:		Relationship:	
Address:		Phone:	
HEALTH DETAILS			
Please indicate if you suffer from or have suffered any of the following conditions:*			
<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Heart Attack	<input type="checkbox"/> Seizures/Epilepsy	<input type="checkbox"/> Diabetes
<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Broken Bones	<input type="checkbox"/> Smoker
Do you have any diagnosed muscle, bone or joint problems? Yes or No (circle)			
Do you have any pre or post-natal conditions? If yes, a trainer may contact you to discuss it further.		<input type="checkbox"/> YES	<input type="checkbox"/> NO
Is there any other relevant information we may need to know? Please List.			
PAYMENT & DETAILS			
Payment:	<input type="checkbox"/> Casual \$17.50 (via	<input type="checkbox"/> Group Fitness Passes	<input type="checkbox"/> Membership
DECLARATION			
<p>I declare that I am in a good state of health and fitness (if unsure complete medical questionnaire) and that there is no medical reason whatsoever that could be regarded as a restriction on or an impediment to my registration. I acknowledge that I have received and read the Terms and Conditions of which I agree to observe and be bound by should my application be accepted. I acknowledge that during such times I am on the premises (or its surrounds) both my property and my person shall be at my own risk and I will not hold City of Karratha (or its employees or contractors) liable for any personal injury or loss of property however caused. I acknowledge that this is a binding legal agreement and shall not be cancelled by me. I acknowledge that the agreement may not be transferred to any other person without the consent of City of Karratha. I acknowledge that the services and programs offered may vary from time to time and be disrupted as a result of maintenance or unforeseen events. In the instance where these events are less than five consecutive days, I do not have a claim to be reimbursed for the lost time or services during these events.</p>			
PRIVACY DISCLAIMER STATEMENT			
<p>I believe that to the best of my knowledge, all information supplied within this questionnaire is correct.</p> <p>The personal, medical and health information provided may be used in the following cases:</p> <ol style="list-style-type: none"> 1. To conduct fitness appraisal and/or devise an exercise program for the above-mentioned. 2. A personal medical emergency. 3. To provide information and outcomes on the general population of residents; in this regard the information provided will appear only as a part of group average data. <p>This information is kept confidential and secure and will not be shared without written permission of the person it regards. Full access to the information provided, as well as any further health or fitness assessments that may take place in the future is permitted. This information has been provided truthfully to the best of my knowledge, without the intention of misleading. I have read and understood the Gym & Privacy Disclaimer Statements and agree to these conditions.</p>			
SIGNATURES			
I authorize the verification of the information provided on this form. I have received a copy of this application.			
Signature of Applicant:		Date:	
Signature of Witness:		Date:	

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PROGRAM DETAILS

Our **Introduction to Fitness Program** is perfect for new mums and anyone wanting to ease back into exercise in a safe, supportive, and welcoming environment running over a 6-week period. The program consists of two classes per week, **Pilates Tuesday and Strength Thursday**, starting with the basics and using bodyweight exercises to rebuild core strength, stability, and overall fitness. As your confidence and ability grow, we gradually introduce weights and resistance to help you progress at your own pace.

These classes are ideal for mums with babies who are happy to sit in the pram, lie beside you, or even join in some of the exercises. The sessions are flexible, baby-friendly, and focused on helping you feel strong, capable, and confident, whether you're just starting out or working your way back to the gym or group fitness classes.

Please note that it is recommended to get clearance from your GP or maternal health nurse (usually at 6 weeks postnatal) before joining this program.

CLASSES

Pilates – Tuesday 8.45am-9.45am

This gentle form of exercise is specially designed for new mothers and anyone seeking a gradual return to physical activity. It focuses on rebuilding core strength, improving posture, and increasing overall flexibility in a safe and supportive way. With an emphasis on mindful movement and body awareness, these sessions help reconnect with muscles that may have weakened during pregnancy or a period of inactivity. Each exercise is low-impact and adaptable, making it suitable for various fitness levels while promoting healing, energy, and a renewed sense of confidence in the body.

Strength – Thursday 8.45am-9.45am

This fitness plan is thoughtfully designed to help you rebuild overall strength, improve posture, and safely increase muscle tone. Whether you're returning to exercise after a break, recovering from physical stress, or simply looking for a balanced approach to fitness, this program offers a gentle yet effective path forward. The plan includes low-impact exercises that are easy on the joints while still providing the stimulus your body needs to grow stronger. These movements focus on stabilizing the core, strengthening major muscle groups, and encouraging proper alignment, all of which support better posture and everyday movement.

LOCATION

ALL sessions between the 28th of October and 13th of November will be held in the Amenities Building located on the oval.

From the 18th of November until the 4th of December the sessions will be held over at the Hub in MP2/3.

If you are unsure of these locations, please let us know and we will be happy to point you in the correct direction.