

Wickham Recreation Precinct

Group Fitness Timetable

Effective from Thursday, 3rd August 2023

Group Fitness Timetable is reviewed monthly

All Classes can be booked through the MINDBODY App

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PLAY PROGRAM 8:30am-10:00am MP1	PLAY PROGRAM 8:30am-10:00am MP2	PLAY PROGRAM 8:30am-10:00am MP1	PLAY PROGRAM 8:30am-10:00am MP3	PLAY PROGRAM 8:30am-10:00am MP3	PLAY PROGRAM 7:45am-9:15am MP1
STRENGTH Lower Body 8:45-9:45am GYM	STRENGTH Upper Body 8:45-9:45am GYM	Pilates 8:45-9:45am MP2	LES MILLS BODYPUMP 8:45-9:45am MP2	LES MILLS sprint 8:45-9:45am MP2	ANYTHING GOES 8:00-9:00am GYM
PLAY PROGRAM 5:00pm-7:00pm MP1		PLAY PROGRAM 5:00pm-6:30pm MP1			
LES MILLS sprint 5:15-5:45pm MP2		Core & Booty 5:15-5:45pm GYM			
Pilates 6pm-6:45pm MP2					

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T: 9186 8684 F: 9185 1626
 Carse Street, Wickham WA 6720
 PO Box 219, Karratha WA 6714

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Please arrive 10 minutes prior to all classes starting to allow for set-up. There is strictly no admittance to class after commencement for safety reasons. As a courtesy to the class, do not leave until the class has finished.

Class Descriptions

Class Name	Class Description	Intensity Low = I Medium = II High = III	Age
	SPRINT is a HIIT Class on a bike that will have your heart pumping and your legs burning to increase your cardiovascular fitness. Working out to some to awesome tunes will make those 30 mins fly by ☺	III	14+
	Anything Goes is a individual or team workout with different movements each week. Come enjoy a workout with friends and build your strength and conditioning in a fun gym environment.	II/III	16+
	Mat Pilates is the perfect low-impact full body workout. We focus on your deep core, postural and stabilising muscles along with breathing mechanics. Don't mistake this for low-intensity, you will feel muscles working you didn't realise you had. Pilates is perfect for all ages and fitness levels, postnatal and first trimester of pregnancy. (Trimester 2 and 3 may be unsuitable- please discuss with your coach before booking)	III	16+
	BODYPUMP, a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health.	II/III	16+
	Let's slow it down and get heavy! Strength is a slower paced class but don't be fooled. Here you will work with longer time under tension paired with giant sets. This class focuses on technique and building fundamental strength.	I/II	16+
	Get ready to target your core and booty muscles! Core and booty is a low impact class working the glutes and core. This class will leave you feeling like you have glutes of steel and increasing your core strength capacity.	I/II	16+

- All classes require bookings prior via the "MINDBODY" App - <https://www.mindbodyonline.com/get-the-app> (class bookings close 30mins before class is due to commence)
- Arrive to class 5-10mins early to prepare, once a class has started there will be no admissions.
- Parent's must be within phones reach & on the premises if their child is in the WRP Early Year's Play Program.
- Please wear appropriate clothing and footwear to participate. Bring a water bottle and towel.

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