



*Ignite the Energy, Embrace the Challenge
Your Journey Begins Today!*

GROUP FITNESS TIMETABLE FROM 15 APRIL — 29 JUNE 2024

Times	MON	TUES	WED	THURS	FRI	SAT
6:00am					³⁰ CYCLE	
8:30am	³⁰ OMNIA 8		⁴⁵ Core CENTRIC	³⁰ HIIT	³⁰ meta PWR	⁴⁵ Box FITT
5:30pm	⁴⁵ Core CENTRIC	³⁰ meta PWR	³⁰ Box FITT			
6:30pm	³⁰ metafit.			³⁰ CYCLE		

Monday - Friday 8am-8pm, Saturday 8am-12pm
P: 9177 8075
E: csorec@eastpilbara.wa.gov.au

Crèche available (Bookings Essential)
Monday - Saturday 8am-11am
Monday 5-8pm (starts 22 April)





Get ready to punch, sweat, and conquer with BoxFitt!

This group fitness class combines the intensity of boxing with dynamic training, providing a total-body workout for all levels. Unleash your strength, improve agility, and boost endurance. Join our supportive community, throw powerful punches, and leave each session feeling empowered and invigorated.



Core Centric is a 45-minute bodyweight floor exercise class dedicated to sculpting legs, bums, and tums. This session tightens and tones those key areas, enhancing your fitness levels. Through targeted movements, you'll build strength, stability, and confidence. Elevate your workout experience and redefine your core with Core Centric – where each exercise propels you towards a stronger, fitter you!



Hop on and ride to fitness in our 30-minute Cycle Group Fitness Class! Pedal to the beat as our skilled instructors guide you through a high-energy session, blending endurance and intensity. With motivating music and a supportive atmosphere, pedal your way to improved cardiovascular health and leg-strengthening results!



Heart-pounding 30-minute HIIT group fitness class! Ignite your metabolism with intense intervals of bodyweight exercises, plyometrics, and cardio drills. Led by expert instructors, our dynamic sessions cater to all fitness levels, ensuring a challenging yet supportive environment. Elevate your fitness and crush your goals in just half an hour!



Elevate your fitness with MetaPWR, a dynamic 30-minute exercise class that seamlessly blends bodyweight and weighted exercises for optimal strength and power development. This high-intensity session is designed to push your limits and sculpt a stronger, more powerful you.



MetaFit is a 30-minute bodyweight High-Intensity Interval Training (HIIT) workout that pushes you to your limits. This dynamic class focuses on maximum effort during short work intervals. Get ready for a fast-paced, results-driven session that will elevate your fitness game and leave you energized. MetaFit: where every moment counts towards a stronger, fitter you!



Omnia 8 is a 30-minute circuit-style class on the Omnia rig. Designed for all fitness level. Challenge yourself with diverse exercises targeting strength and agility. Elevate your fitness game in a supportive group setting. Omnia 8 is where every participant's needs are met for a transformative workout.