


*Trust the process, and with every challenge,
YOU become the best version of YOURSELF.*

GROUP FITNESS TIMETABLE FROM 28 APRIL — 4 JULY 2025

Times	MON	TUES	WED	THURS	FRI	SAT
8:30am				Core CENTRIC ³⁰	meta PWR ³⁰	Box FITT ⁴⁵
5:30pm	Core CENTRIC ⁴⁵	meta PWR ³⁰	Box FITT ³⁰ AQUA FIT ³⁰	metafit ³⁰	<div>SCAN</div> 	
6:30pm	POWER CYCLE ³⁰					

Monday - Friday 8am-8pm, Saturday 8am-12pm
P: 08 9177 8075
E: csorec@eastpilbara.wa.gov.au

Crèche available (Bookings Essential)
Monday - Saturday 8am-11am
Monday 5pm-8pm (starting 5 May)





Boost your fitness with our dynamic 30-minute AquaFit class! This full-body workout in the pool combines cardio and strength exercises with low impact on your joints. Perfect for all fitness levels, AquaFit will help you tone muscles, burn calories, and have fun while staying cool!



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



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!



An indoor cycle workout while you control your intensity. Burn up to 500+ calories each session with great music as the instructor takes you on a journey of hill climbs and sprints
