

# Lifestyle Class Descriptions

## AquaFit

Available to Group Fitness, Swim, or Full Memberships

Gentle water-based exercise sessions designed for seniors and referred clients. These classes utilise the water's natural support and resistance to enhance fitness, strengthen joints, and build muscle. Sessions are held in our indoor pool, comfortably heated to 30°C.

## Group Fitness Circuit

Available to Group Fitness or Full Memberships

A group fitness circuit guided by a personal trainer specialising in senior populations and referred clients. This session is tailored for individuals over 50 years old and those with mild to moderate health concerns. Each exercise includes variations, as well as appropriate regressions and progressions, to accommodate the diverse needs of participants.

## Supervised Gym

Available to Gym or Full Memberships

Personal trainers provide supervision and assistance during individual gym workouts. Clients can work at their own pace, making use of gym equipment under the guidance of a qualified gym instructor. It is recommended that clients schedule a session with our personal trainers to receive a complimentary program tailored to their specific needs.

## Gym Group Circuit

Available to Gym or Full Memberships

Group gym sessions featuring resistance and cardio equipment, led by a personal trainer who specialises in working with senior populations and referred clients. These sessions are designed for individuals with mild to moderate comorbidities and include tailored regressions and progressions to meet participants' unique needs.



# Lifestyle Busselton

Exercise Referral and Weight Management Program

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# Geographe Leisure Centre

## Lifestyle Referral Program

### Program Overview:

The Lifestyle Referral Program in Busselton focuses on preventing lifestyle-related diseases through safe physical activities and education, promoting well-being via exercise and social interaction.

### Who Can Join?

Inactive or overweight individuals with low to moderate risk factors. Those referred by healthcare professionals for personalised physical activity.

### Program Features:

- Duration: 12 weeks
- Sessions: Weekly instructor-led and supervised classes
- Cost per Session: \$8.50
- Free Appointments:
  1. Initial appraisal
  2. Gym induction/meet and greet
  3. Midway review (Week 6)
  4. Final review (Week 12)

### Health Benefits:

- Reduced risk of cardiovascular disease, high blood pressure, diabetes, and certain cancers
- Improved body weight control, bone health, strength, coordination, cognitive function, and balance
- Boosted immune system, reduced anxiety, and improved mood

**Speak to a Customer Service Officer to start your journey towards a healthier lifestyle.**

## Lifestyle Timetable

	Mon	Tue	Wed	Thu	Fri
7 am		Gym Circuit		Gym Circuit	
8 am		Gym Circuit	Group Fitness Circuit	Gym Circuit	Group Fitness Circuit
9 am		Aqua		Aqua	
11 am	Super. Gym		Super. Gym		Super. Gym

Lifestyle sessions are open to GLC members and individuals referred by General Practitioners and Allied Health Professionals.

These sessions offer a pathway to renewed health and fitness. Referred clients will have a one-on-one sessions provided free of charge, with a qualified fitness instructor, who will create a personalized program tailored to their needs.