

Teen Fit Program

Aged 12 - 17 years

Saturday's 10am-11am

60 minute sessions, designed to teach fundamental lifting techniques, promote positive fitness habits and expose youth to a variety of fitness styles.

Entry Guidelines

Teens aged 12 - 17 years

Pre exercise screening form signed by parent/guardian and completion of fitness appraisal prior.



AUSactive

LES MILLS

Contact Us

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City of Busselton
Naturaliste Community Centre



Youth Fitness

Naturaliste Community Centre

Teen Fitness Classes

Teen Fit Class	12-13 years
Body Step, Core, Yoga, Pilates, RPM/Spin, Functional Fitness	14-15 years
Pump	16 years plus

Parent/Guardian supervision is not required to participate in group fitness classes.

Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 AM	Functional Fitness ⁴⁵	LES MILLS BODYPUMP ⁴⁵	LES MILLS RPM SPIN ⁴⁵	Functional Fitness ⁴⁵	LES MILLS RPM SPIN ⁴⁵	
6.00 AM	Sunrise Flow Yoga ⁶⁰					
7.00 AM						LES MILLS RPM SPIN
8.00 AM	LES MILLS CORE ³⁰	Yin Yoga ⁶⁰		LES MILLS RPM SPIN ⁴⁵	LES MILLS BODYPUMP ⁶⁰	LES MILLS BODYPUMP
9.00 AM						LES MILLS BODYSTEP
9.10 AM	LES MILLS BODYPUMP ⁶⁰	LES MILLS BODYSTEP ⁶⁰	LES MILLS BODYPUMP ⁶⁰	LES MILLS BODYSTEP ⁴⁵	Functional Fitness ⁴⁵	
9.10 AM	LES MILLS RPM SPIN ⁴⁵	Vinyasa Yoga ⁶⁰	Hatha Yoga ⁶⁰	LES MILLS RPM SPIN ⁴⁵	Vinyasa Yoga ⁶⁰	
10.15 AM				LES MILLS CORE ³⁰		
10.30 AM	Strong Active Seniors ⁶⁰	Seniors Pilates ⁶⁰	Strong Active Seniors ⁶⁰		Strong Active Seniors ⁶⁰	
11.30 AM	Seniors Chair Fit ⁴⁵			Seniors Pilates ⁶⁰		
4.30 PM	ZUMBA FITNESS ⁴⁵					
4.45 PM	Pilates ⁴⁵					
5.00 PM		LES MILLS RPM SPIN ⁴⁵		LES MILLS BODYPUMP ⁴⁵		
5:30 PM			Pilates ⁴⁵			
6.00 PM	Yin Yoga ⁶⁰	LES MILLS CORE ³⁰		Slow Flow Yoga		

PRICE: GROUP FITNESS MEMBERSHIP
\$26 FORTNIGHT

PRICE: TEEN FIT 8-WEEK PROGRAM
\$100.00