









*Stronger together this holiday season.
Your Journey Starts Here!*

GROUP FITNESS TIMETABLE FROM 20 JANUARY — 2 FEBRUARY 2025

Times	MON	TUES	WED	THURS	FRI	SAT
8:30am						
9:30am			SCAN			
5:30pm						

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



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

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.



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.

Join us in the pursuit of fitness excellence with MetaPWR – where every minute counts!



This 75-minute Vinyasa and Hatha fusion class offers 30 minutes of flowing sequences to warm up the body, followed by 20 minutes of focused practice on more challenging poses. With a Hatha-style approach, the slower pace emphasizes technique and alignment, making it perfect for deepening your practice and building strength.