














*Grow stronger together,  
Your Journey Starts Here!*

**GROUP FITNESS TIMETABLE FROM 3 FEBRUARY — 13 APRIL 2025**

Times	MON	TUES	WED	THURS	FRI	SAT
6:00am						
8:30am						
9:30am						
5:30pm						
6:30pm						

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  
 Monday 5-8pm (starts 10 February)





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!

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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.

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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!

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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!

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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!

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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.

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