

MyWellness App

The Connected Wellness experience. Download the MyWellness App, create your personal MyWellness account, and connect to the Geographie Leisure Centre (GLC) where you can link with Technogym equipment.

- Record your indoor & outdoor workouts
- Access your activity data
- Track your results and review progress
- Record and review body measurements
- Link to popular health and fitness apps and devices



Scan to download MyWellness App

Crowd DJ

Have your say in the music you work out to in the Geographie Leisure Centre (GLC) Gym.

Pick your favourite music, via the free CrowdDJ mobile app or our interactive in-venue kiosk. With Spotify intergration you can pick songs from your own playlist that match the GLC soundtrack.

GEOGRAPHE LEISURE CENTRE GYM TIMETABLE



MONDAY to FRIDAY
5.30AM - 8.00PM

SATURDAY
7.00AM - 4.00PM

SUNDAY
8.00AM - 4.00PM

E: glc@busselton.wa.gov.au
PH: 9754 3600

www.busseltonleisurecentres.com.au

GYM BASED SESSIONS TIMETABLE

EFFECTIVE SEPTEMBER 2022

GLC Full and Gym Members Only

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM		LIFESTYLE GYM CIRCUIT		LIFESTYLE GYM CIRCUIT	
8:00AM		LIFESTYLE GYM CIRCUIT		LIFESTYLE GYM CIRCUIT	
9:15AM	WOD		WOD		WOD
11:00AM	LIFESTYLE SUPERVISED GYM		LIFESTYLE SUPERVISED GYM		LIFESTYLE SUPERVISED GYM
3:45PM	TEENFIT FOR ALL		TEENFIT GIRLZ	TEENFIT GUYZ	
6:00PM		LIFESTYLE SUPERVISED GYM		LIFESTYLE SUPERVISED GYM	

CLASS DURATION KEY

45= 45 MINUTES

50= 50 MINUTES

60= 60 MINUTES

Lifestyle Gym sessions are available to GLC members, as well as participants referred from their General Practitioner, providing participants a pathway to renewed health and fitness. Participants are required to have a one on one session with a qualified Fitness Instructor who will provide you with a personalised program. *** you will need to complete an appraisal and program prior to these sessions.

LIFESTYLE GYM CIRCUIT ⁶⁰

Utilising a variety of gym based resistance and aerobic equipment . Excellent for improving strength and stability in a fun and social environment.

LIFESTYLE SUPERVISED GYM ⁵⁰

Fully supervised class utilising your personalised program, developed from your one on one appraisal. Includes a variety of gym based resistance and aerobic equipment, for improving strength and stability in a fun and social environment.

TEENFIT ⁴⁵

45 minute term based session, designed to promote safe movement and use of gym equipment including cardio and strength, and lead by an instructor trained in teen fitness needs. Please refer to GLC Youth Fitness Flyer for more information. *** Not included in a membership, fees apply, limited numbers per session***

WOD ⁴⁵

WOD is a 45 minute varied workout, the Work Out of The Day (WOD) can take place in the GLC Gym, Pool or Stadium. Small group training for up to 12 people.