TECHNOGYM APP

The Connected Wellness experience. Download the Technogym App, create your personal MyWellness account, and connect to the 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

Speak to a Gym Instructor or a Customer Service Officer for assistance with the APP and/or to book your fitness appraisal.

OPENING HOURS

Monday - Friday:	5:30am - 8:00pm
Saturday:	7:00am - 5:00pm
Sunday:	8:00am - 4:00pm
Public Holidays:	8:00am - 4:00pm

Excluding: Christmas Day, Boxing Day, New Years Day, Australia Day, Easter Sunday, Good Friday & Anzac Day

FITNESS APPRAISALS

Are you unsure about which equipment to use or how to start your fitness journey?

Book a fitness appraisal with us and discover the benefits of a personalised training program.

Our expert Gym Instructors will assess your current fitness level, set achievable goals, and create a customised training to help you reach them.

Whether you're a beginner or a seasoned athlete, a fitness appraisal is the perfect way to ensure you're on the right track.

Training programs can include:

- Strength Training
- Cardiovascular Training
- Flexibility and Mobility Training
- Functional Training
- Sport Specific Training

CROWD DJ

Have your say in the music you work out to in the GLC Gym.

Pick your favourite music using 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.

EFFECTIVE NOVEMBER 2026

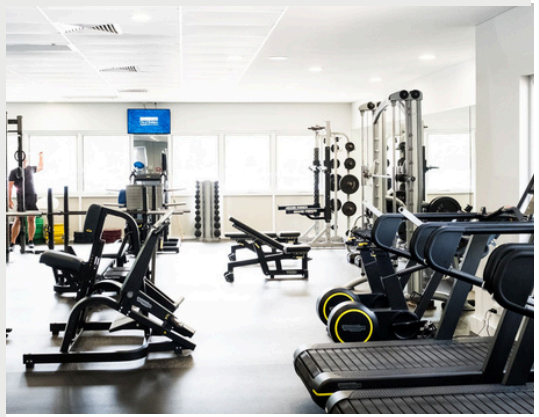
GYM TIMETABLE

GEOGRAPHE LEISURE CENTRE









9754 3600
glc@busselton.wa.gov.au
busseltonleisurecentres.com.au

City of Busselton
Geographe Leisure Centre

GYM BASED SESSIONS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am		LIFESTYLE GYM CIRCUIT		LIFESTYLE GYM CIRCUIT	
8:00am		LIFESTYLE GYM CIRCUIT		LIFESTYLE GYM CIRCUIT	
9:15am	WORKOUT OF THE DAY		WORKOUT OF THE DAY		WORKOUT OF THE DAY
11:00am	LIFESTYLE SUPERVISED GYM	LIFESTYLE GYM CIRCUIT	LIFESTYLE SUPERVISED GYM	LIFESTYLE GYM CIRCUIT	LIFESTYLE SUPERVISED GYM
3:45pm	TEEN FIT FOR GUYS	TEEN FIT FOR GIRLS	TEEN FIT FOR GIRLS	TEEN FIT FOR ALL	TEEN FIT FOR ALL

CLASS DURATIONS

LIFESTYLE CIRCUIT	50 mins
LIFESTYLE SUPERVISED	50 mins
WORKOUT OF THE DAY	45 mins
TEENFIT	45 mins

- Bookings are essential for every class and can be made via the Phoenix Member Portal or with Reception
- You are required to register your attendance by presenting the class booking ticket to the Gym Instructor
- You must bring a towel and assist in good hygiene practices by cleaning used equipment
- Closed-toe exercise shoes and appropriate exercise clothing is required

LIFESTYLE GYM CIRCUIT

Utilising a variety of gym based resistance and aerobic equipment. Excellent for improving strength and stability in a fun and social environment. This program is intended for older adults, exercise and weight management referrals.

LIFESTYLE SUPERVISED GYM

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.

WORKOUT OF THE DAY

Ready for a fresh challenge? Varied workouts in the GLC Gym or Stadium keep you engaged and motivated. With small group training, you'll receive personalised attention and a dynamic fitness experience that pushes you to new heights.

TEEN FIT

Term based program designed to promote safe movement and use of gym equipment including cardio and strength, and lead by a professional Gym Instructor. Sessions held in both the gym and group fitness studio. This program is not included in a membership. Fees apply and places are limited. Please refer to GLC Youth Fitness Flyer or our website for more information.