

## 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 to learn more and a how to use the Technogym App.**

## CROWD DJ

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

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

## 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 trainers 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 could include:

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

**Speak to a Gym Instructor or a Customer Service Officer to learn more and 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**

# GEOGRAPHE LEISURE CENTRE GYM TIMETABLE



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# GYM BASED SESSIONS TIMETABLE

EFFECTIVE JUNE 2025

	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 SUPERVISED GYM		LIFESTYLE SUPERVISED GYM
3:45pm	TEEN FIT FOR ALL	TEEN FIT FOR ALL	TEEN FIT FOR GIRLS	TEEN FIT FOR GUYS	

## CLASS DURATIONS

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

**\*CLASS TIMETABLE SUBJECT TO CHANGE.**

Please make sure you arrive at each class at least 5 minutes before the starting time.

Instructors will not allow entry to any latecomers. This helps to ensure all classes continue to run on time and don't impact later sessions.

We ask all attendees to bring towels to each class and to wipe down equipment using provided sanitisation products after use.

## 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.

## 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 for up to 12 people, you'll receive personalised attention and a dynamic fitness experience that pushes you to new heights.

## TEENFIT

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\*\*\*