Lifestyle Class Descriptions

AQUA FIT Available to Group Fitness, Swim, or Full Memberships	Gentle water-based exercise sessions designed for seniors and referred clients. These classes utilise the water's natural support and resistance to enhance fitness, strengthen joints, and build muscle. Sessions are held in our indoor pool, comfortably heated to 30°C.
GROUP FITNESS CIRCUIT Available to Group Fitness or Full Memberships	A trainer-led circuit class held in the Group Fitness Studio, designed for older adults and/or exercise referral clients. Guided by a Gym Instructor, each session offers exercise modifications and progressions to suit a range of health conditions, fitness levels, and abilities.
SUPERVISED GYM Available to Gym or Full Memberships	Exercise in the Gym at your own pace, with your own program, while using gym equipment safely and effectively under the guidance and supervision of our professional Gym Instructors. Book your appraisal session in advance to receive an exercise program tailored to your individual needs and fitness objectives.
GYM GROUP CIRCUIT Available to Gym or Full Memberships	Small group training sessions held in the Gym using resistance and cardio equipment, led by a Gym Instructor. Sessions are suitable for individuals with mild to moderate health conditions and include personalised exercise modifications and progressions to suit all.

LIFESTYLE PROGRAM

GEOGRAPHE LEISURE CENTRE



Older Adults, Exercise Referral and Weight Management Program

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City of Busselton
Geographe Leisure Centre

Program Overview

The Lifestyle Program supports the prevention and management of lifestyle-related health conditions through safe, supervised physical activity, education, and social connection.
The program is designed to enhance overall health, wellbeing, and quality of life by encouraging regular exercise in a supportive environment.

Who Can Join?

- Individuals who are physically inactive, overweight, or living with low to moderate health risk factors.
- Individuals referred by a healthcare professional to participate in a structured and personalised physical activity program.
- Older adults seeking a supportive exercise environment, adaptive training options, and social connection with like-minded participants.
- Anyone looking to improve their health, fitness, confidence, and overall wellbeing through guided exercise.

Program Features:

- Gym induction and team meet & greet
- Gym Instructor-led and supervised classes
- Free initial appraisal
- Free follow-up review appraisals (in 6 weekly blocks following consistent attendance)

Costs:

- $9.00 per session for referred non-members
- $15.50 per session for non-referred non-members
- Complimentary for memberships as detailed overleaf

	MON	TUE	WED	THU	FRI
7 AM		GYM CIRCUIT		GYM CIRCUIT	
8 AM	GROUP FITNESS CIRCUIT	GYM CIRCUIT	GROUP FITNESS CIRCUIT	GYM CIRCUIT	GROUP FITNESS CIRCUIT
9 AM		AQUA		AQUA	
11 AM	SUPER. GYM	GYM CIRCUIT	SUPER. GYM	GYM CIRCUIT	SUPER. GYM

Why Join In The GLC Lifestyle Program?
These sesions offer a pathway to renewed health and fitness.
By consistently particiapting in our sessions you may experience:

- Reduced risk of cardiovascular disease, high blood pressure, diabetes and certain cancers
- Improved body weight control and composition, bone health, strength, flexibility, balance, coordination and cognitive function.
- Boosted immune system, reduced anxiety, improved mood and enhanced social connections