

Teen Fit Program

Aged 12 - 17 years

Saturday's 10am-11am

60 minute sessions, designed to teach fundamental lifting techniques, promote positive fitness habits and expose youth to a variety of fitness styles. Classes are delivered in the multi-purpose room and cycle studio.

Entry Guidelines

Teens aged 12 - 17 years

Pre exercise screening form signed by parent/guardian and completion of fitness appraisal prior.



AUSactive

LES MILLS

Contact Us

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City of Busselton
Naturaliste Community Centre



YOUTH FITNESS

Naturaliste Community Centre

Teen Fitness Classes

Teen Fit Class	12-13 years
Body Step, Core, Yoga, Pilates, RPM/Spin, Functional Fitness, Shapes, Flexibility, Meditation & Sound Healing	14-15 years
Pump, Strength Development	16 years plus

Parent/Guardian supervision is not required to participate in group fitness classes.

Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 AM		LES MILLS Shapes ⁴⁵	LES MILLS RPM SPIN ⁴⁵	Functional Fitness ⁴⁵	LES MILLS RPM SPIN ⁴⁵	
6.00 AM	Sunrise Flow Yoga ⁶⁰					
7.00 AM				Guided Meditation & Sound Healing ⁶⁰	LES MILLS BODYSTEP ⁴⁵	LES MILLS RPM SPIN ⁴⁵
8.00 AM						
8.00 AM	LES MILLS CORE ³⁰	Yin Yoga ⁴⁵				
9.00 AM				LES MILLS Shapes ⁴⁵		LES MILLS Shapes ⁴⁵
9.15 AM		LES MILLS BODYSTEP ⁶⁰		LES MILLS RPM SPIN ⁴⁵	Functional Fitness ⁵⁰	
9.15 AM	LES MILLS RPM SPIN ⁴⁵	Vinyasa Yoga ⁶⁰	Hatha Yoga ⁶⁰		Vinyasa Yoga ⁶⁰	
10.00 AM				LES MILLS BODYSTEP ⁴⁵		
10.30 AM						
10.30 AM	Hatha Yoga ⁶⁰		LES MILLS RPM SPIN ⁴⁵			
11.30 AM						
11.45 AM						
4.30 PM	ZUMBA FITNESS ⁴⁵					
4.45 PM	Pilates ⁴⁵					
5.00 PM		LES MILLS RPM SPIN ⁴⁵				
5.30 PM			Pilates ⁶⁰			
5.35 PM	Yin Yoga ⁶⁰					
6.00 PM		LES MILLS CORE ³⁰		Slow Flow Yoga ⁶⁰		
6.35 PM		Flexibility Training ⁶⁰				

PRICE: GROUP FITNESS MEMBERSHIP
\$27 FORTNIGHT

PRICE: TEEN FIT 8-WEEK PROGRAM
\$104.00