

# TEEN FIT SESSIONS

AGED 12 - 16 YEARS

Fit for All:

Mon 3:45pm - 4.30pm

Girls:

Tues & Wed 3:45pm - 4.30pm

Guys:

Thur & Fri 3:45pm - 4.30pm

Term based 45 minutes sessions,  
designed to promote safe  
movement and use of gym  
equipment, including cardio and  
strength.

ASK OUR FRIENDLY  
STAFF WHEN THE NEXT  
TERM STARTS!



AUSactive

**LESMILLS**

## CONTACT US

WEBSITE:

[www.busseltonleisurecentre.com.au](http://www.busseltonleisurecentre.com.au)

PHONE:

9754 3600

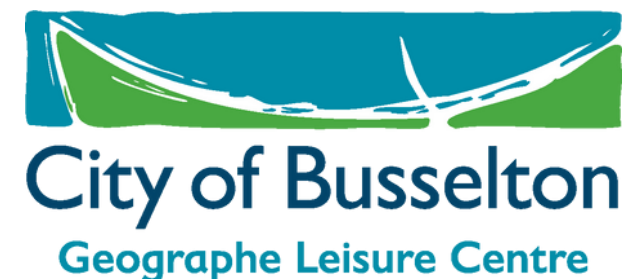
EMAIL:

[glc@busselton.wa.gov.au](mailto:glc@busselton.wa.gov.au)

ADDRESS:

1 Recreation Lane, Busselton  
WA, 6280

# YOUTH FITNESS



# GYM ENTRY GUIDELINES

## TEENS AGED 14 - 17 YEARS

### GYM MEMBERSHIP REQUIRED

Pre exercise screening form signed by parent/guardian and completion of fitness appraisal prior to gym use

### 14 - 15 YEARS

- Supervision by a Parent/Guardian (with an active membership) is required.
- Use of cardio equipment approved by a GLC gym instructor
- No use of weights or resistance machines

### 16 - 17 YEARS

- No parent/guardian supervision required
- Use of any cardio, weights and resistance machines approved by a GLC gym instructor

# GROUP FITNESS ENTRY

AGE RESTRICTIONS ON CLASSES ARE SET BY BOTH THE "LES MILLS" AND AUSactive GUIDLINES

Approved Group Fitness Classes for Teens	Minimum Age Requirement
Body Step, Body Combat, Yoga, Pilates, RPM/Spin, Aqua Fit, Fit Hiit, Core Conditioning, Movement Masterclass	14 years
Body Pump & Swim Fit	16 years

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



\*Member will need to inform class instructor of age to ensure exercises can be modified where required.

To participate in any GLC Group Fitness classes a pre exercise screening form must be completed before attending classes and signed by a parent/guardian.