

Group Fitness

at the Autumn Centre

Aerobics

Full body, low impact workout covering stamina, muscle tone and flexibility.
Tuesday 9.30 am (with Gianna)
Friday 9.30 am (with Peter)



Chi Ball

Taking the best parts of Tai Chi, Yoga and Pilates, this easy to follow class is a mind-body exercise and wellness programme.
Monday 7.30am
Thursday 12pm



Functional Movement

Gentle exercise for anyone with chronic medical conditions. (Walker and wheelchair friendly)
Tuesday 10.45 am (with Gianna)
Friday 10.45 am (with Peter)



Yoga

Breath control, simple meditation, and the adoption of specific bodily postures.
Monday 11.45am Yoga (90 min)
Monday 1.30pm Beginners Yoga (60min)
Wednesday 6pm Yoga (90min)



Zumba Gold

Get fit while you dance! Low impact moves to improve balance, strength, flexibility and tone!
Tuesday 8.15 am
Wednesday 7.30 am



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