

Group Fitness

at the Autumn Centre

Aerobics & Functional Movement

Aerobics: Full body, low impact workout.

Tuesday 9.30am

Functional Movement: (walker friendly)

Tuesday 10.45am



Chi Ball

Taking the best parts of Tai Chi, Yoga and Pilates, this easy to follow class is becoming very popular around the world.

Monday 7.30am

Thursday 12pm



Fit For Life: General & Gentle

Circuit based exercise classes

General: Friday 9.30am

Gentle (walker friendly): Friday 10.45am



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 8.15am

Wednesday 7.30am



All now
\$4.50



www.rockingham.wa.gov.au



Autumn Centre

A City of Rockingham Community Facility