

Specialised Programs

Teen Fit

Age limit 12 - 16 years old

Teen Fit for All: Monday 3:45pm - 4.30pm

Teen Fit Girlz: Wednesday 3:45pm - 4.30pm

Teen Fit Guyz: Thursday 3:45pm - 4.30pm

Term based 45 minutes sessions, designed to promote safe movement and use of gym equipment, including cardio and strength. Led by an instructor trained in Teen fitness needs.



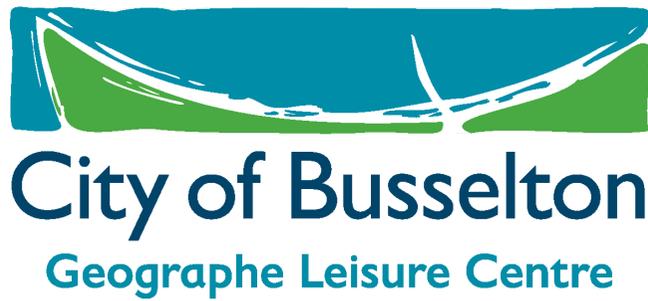
Tween Fit

Age limit 8 - 11 years old

3:45pm - 4:30pm

*day to be announced each term

Term based 45 minutes sessions, designed to promote safe movement with focus on coordination and developing functional movement skills. Led by an instructor trained in kids fitness needs.



LES MILLS

Contact Us

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Youth Fitness

Geographe Leisure Centre

Gym Entry Guidelines

Teens 14 - 15 years

- Parent/Guardian supervision required
- Completion of fitness appraisal & program prior to gym use
- Use of cardio equipment only
- No use of weights/resistance
- Pre exercise screening form signed by parent/guardian

Teens 16 - 17 years

- Can use gym facilities unsupervised for cardio and resistance training providing individual program has been written by qualified GLC staff.
- Completion of fitness appraisal & program prior to gym and weight use
- Pre exercise screening form to be signed by parent/guardian over 18

Group Fitness Entry

Age restrictions on weight classes are set by the LesMills and Fitness Australia guidelines

Non Weight Based Classes: 14-17 years

- STEP
- RPM/SPIN
- AQUA
- YOGA
- BODY COMBAT

Parent/Guardian supervision is not required.

To participate in any GLC Group Fitness classes a pre exercise screening form must be completed before attending classes and signed by an over 18 years parent/guardian



Weight Based Classes: 18+ years

- PUMP
- WOD - (gym based)

Parent/Guardian supervision is not required.

- FIT HIIT
- BOXING HIIT

14 to 17 years can attend, but will need to inform instructor of age so exercises can be modified. Parent/Guardian supervision is not required.