**My Wellness App**

The Connected Wellness experience.
Download the MyWellness App, create your personal MyWellness account, and connect to the Geographe Leisure Centre (GLC) where you can link with Technogym equipment:

- Record your indoor and outdoor workouts
- Access your activity data
- Track your results and review progress
- Record and review body measurements
- Link to popular health and fitness apps and devices

See GLC Reception for more information on connecting. Book in with a GLC Gym Instructor for your personalised program and a how to use the MyWellness App in conjunction with the GLC Technogym equipment.

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**Crowd DJ**

Have your say in the music you work out to in the Geographe Leisure Centre (GLC) Gym.

Pick your favourite music, via the free CrowdDJ mobile app or our interactive in-venue kiosk. With Spotify integration you can pick songs from your own playlist that match the GLC soundtrack.

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Timetable effective
December 2nd 2019
GYM BASED LIFESTYLE & TEEN SESSIONS TIMETABLE — GLC Full & Gym Members Only

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:10 AM</td>
<td>LIFESTYLE GYM</td>
<td>LIFESTYLE GYM</td>
<td>LIFESTYLE GYM</td>
<td>LIFESTYLE GYM</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>LIFESTYLE GYM</td>
<td>LIFESTYLE GYM</td>
<td>LIFESTYLE GYM</td>
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<tr>
<td>11:00 AM</td>
<td>LIFESTYLE SUPERVISED GYM</td>
<td>LIFESTYLE SUPERVISED GYM</td>
<td>LIFESTYLE SUPERVISED GYM</td>
<td>LIFESTYLE SUPERVISED GYM</td>
</tr>
<tr>
<td>4:15 PM</td>
<td>TEENFIT CHICZ</td>
<td></td>
<td>TEENFIT GUYZ</td>
<td></td>
</tr>
</tbody>
</table>

**LIFESTYLE SUPERVISED GYM**
Fully supervised class utilising your personalised program developed for you from your one on one Appraisal. Includes a variety of gym based resistance and aerobic equipment, for improving strength and stability in a fun and social environment.

**LIFESTYLE GYM CIRCUIT**
Utilising a variety of gym based resistance and aerobic equipment. Excellent for improving strength and stability in a fun and social atmosphere. Maximum capacity of 25 per class.

**TEENFIT**
45 minute session designed to promote safe movement and use of gym equipment, including cardio and strength. Please refer to Youth Fitness Flyer for more information. ***Not included in a membership, fees apply, limited numbers per session*** *Term based sessions, led by an instructor trained in teen fitness needs. See Youth Brochure.*

CROSSFIT BUSSELTON TIMETABLE — GLC Gym & Full Members Only

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>9:15 AM</td>
<td>CROSSFIT</td>
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<tr>
<td>5:15 PM</td>
<td>CROSSFIT</td>
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</tbody>
</table>

Weight based 18 years and older- Body Pump, HIIT, Circuit, CrossFit
Non weight based classes 14-17 years old- Step, RPM/Spin, Aqua, Body Balance, CXWorx, Yoga
Refer to Youth Brochure for more information

CrossFit is defined as Constantly Varied Functional Moves performed at High Intensity. Led by qualified experienced Coaches, the Workout of the Day (WOD) could take place in our gym, stadium or pool, giving you one of the most diverse CrossFit programs. Included in both Gym or Full membership.

Prior to beginning CrossFit Busselton sessions at GLC, you will need to complete two specific CrossFit inductions with one of our qualified CrossFit Coaches, where you will cover the CrossFit methodology and the 9 foundational moves that are the basis of CrossFit.