SPECIALISED PROGRAMS

TEEN FIT

Age Limit 12-16 Year Old

Teen Fit Girlz - Wednesday 4.15pm to 5pm
Teen Fit Guyz - Thursday 4.15pm to 5pm

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

***Not included in a membership, fees apply, limited numbers per session.

TESSE FIT

Age Limit 8 - 11 Years

Monday 4pm to 4.45pm

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

*** Not included in a membership, fees apply, limited numbers per session.

GUIDELINES

CONTACT US

1 Recreation Lane Busselton
(08) 9754 3600
glc@Busselton.wa.gov.au
GYM ENTRY
Entry GLC Members Only
No Casual Entry Permitted

Teens 14 - 15 years
- Parent / Guardian supervision
- Completion of Fitness Appraisal & Program prior to gym uses
- 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 only. Must be supervised for weights by parent/guardian over 18
- Completion of Fitness Appraisal & Program prior to gym use
- Pre Exercise Screening Form signed by parent / guardian

GROUP FITNESS ENTRY
WEIGHT BASED CLASSES
18 Years +
PUMP CROSSFIT (GYM BASED)
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
FITNESS YOGA

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

FIT HIIT BOXING HIIT
14-17 years teens can attend these classes but will need to inform instructor of age so exercises can be modified
Parent/Guardian supervision is not required

LesMills