

RElax Program

Term 2 | 2024

Recreation + Engagement

Metafit

Instructor: Pat Fletcher

Mon 15 or Thurs 18 Apr | 6:30pm – 7:00pm

Bassendean Community Hall (Main Hall) - 096

\$110 Mon, \$121 Thurs

or 25% discount for both

Mon 10 weeks | Thurs 11 weeks

Metafit is the original 30-minute, bodyweight only, high intensity, interval training workout. The Metafit group workout is an effective and simple program for time-poor individuals looking for the workout that gets big results in minimal time.

Metafit burns fat by changing the resting metabolism, working big muscle groups with simple un-choreographed, high intensity intervals using only bodyweight.

Please note that people with health concerns will require a doctor's approval to participate. The class will not run on the Western Australia Day public holiday on 3 June.

Express Circuit – Ladies Only

Instructor: Pat Fletcher

Thurs 18 Apr | 5:30pm – 6:30pm

Bassendean Community Hall (Main Hall) - 096

\$121 | 11 weeks

Join us Thursday nights for our express circuit which combines a circuit and Tabata workout to keep you motivated and moving. Exercises demonstration and warm up 10 mins. Circuit 40 mins. Cool down and stretch 10 mins. All levels of fitness welcome as options are always available, so ideal for beginners on their journey to a healthier lifestyle. One of the main benefits of circuit training is that it is time efficient and you can work areas across the body as well as develop cardiovascular fitness and muscular strength endurance. Tabata is high-intensity interval training, a cardiovascular workout that elevates your heart rate and burns many calories in a short amount of time.

Zumba® Gold Toning

Instructor: Pat Fletcher

Wed 17 Apr | 9:30am – 10:30am

Alf Faulkner Hall - 097

\$80 | 11 weeks

Perfect for active older adults and beginners who want to focus on muscle conditioning and light weight activity.

Zumba Gold Toning blends the Zumba party you love at a slower pace with a total body workout using Zumba Toning Sticks for those muscles!

Low to moderate intensity strength training exercises preserve muscle mass, muscle strength, and prevent atrophy and sarcopenia (loss of skeletal muscle mass). Walk in ready to have a blast, leave exhilarated and empowered!

Participants should bring their own dumbbells (max 2kg).

To enrol, head to trybooking.com/CQHOC



Polymer Clay Earring Workshop

Instructor: Isabelle Yong
Sat 18 May | 1pm – 3.15pm
Bassendean Memorial Library - 094

\$30 | 20 places available

Create designs on polymer clay to create your own, unique earrings. All materials will be provided at this workshop for beginners. Your teacher will guide you through the process to make your own funky designs. At the end of the workshop, you'll leave with your own handmade polymer clay earrings and the skills to continue making earrings at home. **This workshop is suitable for ages 9 and above. All participants under the age of 18 must be accompanied by an adult.**

Hatha Yoga

Instructor: Helen Dobbie
Mon 15 Apr | 7:30pm – 9pm
Seniors & Community Centre - 096

\$110 | 10 weeks

Learn how the practices of Hatha Yoga can improve your health and well-being. Improve your flexibility, gently strengthen your body or learn to relax and relieve stress.

Classes are non-competitive and structured to accommodate varying levels of ability.

Hatha Yoga classes include a range of postures from sitting and lying prone as well as standing, squatting and some practices on hands and knees.

Check with a medical practitioner if you have health concerns. The class will not run on the Western Australia Day public holiday on 3 June.

Thursday Morning Yoga

Instructor: Sally Riddell
Thurs 18 Apr | 9:15am – 10:45am
Bassendean Community Hall (Main Hall) - 096

\$121 | 11 weeks

Enjoy the benefits of yoga in a relaxed atmosphere. Learn techniques to strengthen muscles and improve general aspects of mental, physical and spiritual well-being. Course is suitable for teenagers through to adults.

Participants to wear comfortable clothing and bring a yoga mat.



Monday Night Zumba®

Instructor: Pat Fletcher
Mon 15 Apr | 5:30pm – 6:30pm
Bassendean Community Hall (Main Hall) - 096

\$110 | 10 weeks

Zumba is a fitness program that combines Latin and international music with dance moves.

Zumba routines incorporate interval training—alternating fast and slow rhythms—and resistance training. An hour of dancing clears the mind of negative thoughts and brings happiness and positivity to our wellbeing. Come join us for fun!

The class will not run on the Western Australia Day public holiday on 3 June.

To enrol, head to trybooking.com/CQHOC



Samba Drumming

Instructor: Maria Daniels

Tues 30 Apr | 7:15pm – 8:15pm

Bassendean Community Hall (Main Hall) - 096

\$70 | 9 weeks

Don't feel beat! Beat it! Did you know that playing carnival percussion and funky dance grooves is very therapeutic, great fun and relieves stress? With help from the Bassonovas, come and learn popular dance rhythms from Brazil along with catchy Reggae and Caribbean beats created by our Musical Director Maria!

These drumming classes are fun, easy to follow, with no experience needed! Rhythms are taught in small group sections, then put together like an orchestra of percussion! Within one lesson, you will be dancing your way home feeling refreshed and energised! Classes are suitable for ages 16 to adults and all instruments are provided. So, join us **now** and never look back! We can't wait to see you there!

Those with any health concerns are required to obtain a medical clearance from their doctor.



African Drumming

Instructor: Maria Daniels

Tues 30 Apr | 6pm – 7pm

Bassendean Community Hall (Main Hall) - 096

\$90 | 9 weeks

African drumming is a unique and immersive experience and all of the rhythms are from Ghana in West Africa! These classes are great fun and will educate you in the rich culture and history of the music and rhythms!

No experience is needed, and with help from the Bassonovas, you will learn the techniques of how to play the Djembe, Dunduns, Agogo bells and Shekeres, inclusive of some African vocals and chants! All our songs focus on happiness and celebration and the word 'Djembe' means 'everyone gathers together in peace.' So how fitting can that be?

Classes are suitable from aged 16 to adults and all instruments are provided. So why not join us and be part of this wonderful, fun and exciting drumming group! We can't wait to see you there!



Tai Chi for Health

Instructor: Teresa Stokes

Wed 17 Apr | 6pm – 7pm

Thurs 18 Apr | 11:45am – 12:45pm

Bassendean Community Hall (Main Hall) - 096

**\$121.00 each or 25% discount for both
11 weeks**

Both enjoyable and relaxing, tai chi presents a set of gentle exercises for harmonising body, mind and spirit that you can continue to develop at any age. The slow flowing movements of tai chi are intended to increase internal strength, life energy and improve general wellbeing.

This tai chi program introduces an accessible and modernised form of tai chi, incorporating both ancient principles and contemporary medical science aimed at delivering health benefits quickly and promoting inner tranquillity.

Please visit www.bassendean.wa.gov.au for terms and conditions.

To enrol, head to trybooking.com/CQHOC