

RElax Program

Term 3 | 2026

Recreation + Engagement

Metafit

Instructor: Pat Fletcher

Mon 20 Jul or Thurs 23 Jul | 6:30pm – 7pm

Bassendean Community Hall (Main Hall) - 096

\$120 + booking fee | 10 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.

Express Circuit – Ladies Only

Instructor: Pat Fletcher

Thurs 23 July | 5:30pm – 6:30pm

Bassendean Community Hall (Main Hall) - 096

\$120 + booking fee | 10 weeks

Join us Thursday nights for our express circuit which combines a circuit and Tabata workout to keep you motivated and moving. Exercise demonstrations and warm up: 10 mins. Circuit: 40 mins. Cool down and stretch: 10 mins

All levels of fitness are welcome. 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 (HIIT) - 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 22 July | 9:30am – 10:30am

Alf Faulkner Hall - 097

\$80 + booking fee | 10 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 tinyurl.com/term3relax



Hatha Yoga

Instructor: Helen Dobbie

Mon 20 July | 7:30pm–9pm

Seniors & Community Centre - 096

\$120 + booking fee | 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.

Thursday Morning Yoga

Instructor: Sally Riddell

Thurs 23 July | 9:15am–10:45am

Bassendean Community Hall (Main Hall) - 096

\$120 + booking fee | 10 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 20 July | 5:30pm–6:30pm

Bassendean Community Hall (Main Hall) - 096

\$120 + booking fee | 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!

To enrol, head to tinyurl.com/term3relax

Mindful Women Women's Circle

Instructor: Anne-Marie Johansen

Thurs 23 July | 6pm – 8pm

Bassendean Community Hall (Committee Room) - 096

\$120 + booking fee | 10 weeks

Join like-minded women for dedicated self care time, to build a sense of community, and discover new ways to access inner peace in everyday life.

Using a blend of evidence based and holistic healing practices, we learn ways to relax the mind and restore the spirit.

Each session is different but will always include a blissful meditation or mindfulness activity.

Focus topics could include:

- mindfulness and visualisation techniques
- meditation to reduce stress
- resetting nervous system
- journaling and discussion
- improve your mindset and enhance wellbeing
- manifesting goals
- increase self awareness
- flower essence therapy
- aromatherapy
- ways to nurture the mind-body connection.

For more information, contact facilitator Anne-Marie Johansen on 0438 276 821



To enrol, head to tinyurl.com/term3relax



Samba Drumming

Instructor: Maria Daniels

Tues 21 July | 7:15pm – 8:15pm

Bassendean Community Hall (Main Hall) - 096

\$80 + booking fee | 10 weeks

Experience the energy and enjoyment of Samba drumming, in a welcoming and supportive environment right here in Bassendean!

We explore a range of rhythms, including traditional Brazilian music, Reggae, Caribbean, Funk and RnB styles, alongside original compositions by our Course Instructor and Musical Director Maria.

Participants are supported by the Bassonovas, who create an encouraging and inclusive experience.

Classes are fun and easy to follow, with no experience needed. All instruments are provided and after just one session, you will feel energised, refreshed and eager for more!

The age requirement is 16 upwards. The first class is free for new members and registration for Discover Drumming is required. However, Term enrolments are taken throughout the Term.

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



African Drumming

Instructor: Maria Daniels

Tues 21 July | 6pm – 7pm

Bassendean Community Hall (Main Hall) - 096

\$100 + booking fee | 10 weeks

Embark on a vibrant musical journey and explore the rhythms and traditions of Ghana, West Africa.

Learn to play a variety of authentic instruments, including the Djembe, Dunduns, African Agogo bells, and Shekeres.

Classes feature celebratory rhythms, often accompanied by traditional African chants.

Participants will be supported by the Bassonovas. Sessions are easy to follow with no experience needed. All instruments are provided.

The age requirement is 16 upwards. The first class is free for new members and registration for Discover Drumming is required. However, Term enrolments are taken throughout the Term.

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



Tai Chi for Health

Instructor: Teresa Stokes

Wed 22 July | 6pm – 7pm

Thurs 23 July | 11:45am – 12:45pm

Bassendean Community Hall (Main Hall) - 096

\$108 + booking fee | 9 weeks Wed

\$120 + booking fee | 10 weeks Thurs

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.

To enrol, head to tinyurl.com/term3relax



Absolute Beginners Line Dancing

Instructor: Pat Fletcher
Tues 21 July | 6:30pm – 7:30pm
Alf Faulkner Hall - 097

\$120 + booking fee | 10 weeks

This line-dance class has been designed for absolute beginners and if you have been considering having a go - now is the time!

You will be learning basic steps each week and once we have them mastered, we will incorporate them into a simple fun dance routine.

Line-dancing is just what it says - the dances use similar steps and we all dance together in ordered lines. There are prescribed steps with names which we will learn as we go along and the dances all have given names so that we know which routine we are following.

Also, some of the dances have been written by various talented choreographers and can be found on you tube if you feel like kicking up your heels at home to practice.

Most importantly this is all about having fun, great music and enjoying the company of your fellow novice nibblers.

Mums and Bubs Yoga

Instructor: Treana Jones
Thurs 23 July | Bubs 10am – 11am
Thurs 23 July | Crawlers 11:30am – 12:30pm
Alf Faulkner Hall - 097

From \$10 per class | 8 weeks

Mums and Bubs Yoga is the perfect space to enjoy stretching, toning, and strengthening your new Mumma body with your baby.

Classes are adapted to how you are feeling each day. Whether you're tired and need to relax, all powered up and ready to work strongly, have an aching back, need a little energy boost, or just need to reflect on how precious these first weeks and months with your baby are, our time together will meet your needs.

Join us to share the wonderful, and sometimes challenging, journey of motherhood with other women.

Treana has been teaching Pregnancy and Mums and Bubs yoga for 20 years.

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

To enrol, head to tinyurl.com/term3relax