

RElax Program

Term 4 | 2025

Recreation + Engagement

Metafit

Instructor: Pat Fletcher

Mon 13 Oct or Thurs 16 Oct | 6:30pm – 7pm
Bassendean Community Hall (Main Hall) - 096

\$108 + booking fee | 9 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.

Week 2 held at Senior and Community Centre,
50 Old Perth Road.

Express Circuit – Ladies Only

Instructor: Pat Fletcher

Thurs 16 October | 5:30pm – 6:30pm
Bassendean Community Hall (Main Hall) - 096

\$108 + booking fee | 8 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.

Week 2 held at Senior and Community Centre,
50 Old Perth Road.

Zumba® Gold Toning

Instructor: Pat Fletcher

Wed 15 October | 9:30am – 10:30am
Alf Faulkner Hall - 097

\$72 + booking fee | 9 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/relaxterm4



Hatha Yoga

Instructor: Helen Dobbie

Mon 13 October | 7:30pm – 9pm

Seniors & Community Centre - 096

\$108 + booking fee | 9 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 16 October | 9:15am – 10:45am

Bassendean Community Hall (Main Hall) - 096

\$96 + booking fee | 8 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.

No class on 23 October.



Monday Night Zumba®

Instructor: Pat Fletcher

Mon 13 October | 5:30pm – 6:30pm

Bassendean Community Hall (Main Hall) - 096

\$108 + booking fee | 9 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/relaxterm4

Mindful Women Women's Circle

Instructor: Anne-Marie Johansen
Thurs 16 October | 6pm – 8pm

Bassendean Community Hall (Committee Room) - 096

\$84 + booking fee | 7 weeks

Mindful Women Women's Circle is a place to 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. The focus of our learning changes each term, and you'll enjoy a blissful meditation during each session.

Join us to learn and experience mindfulness techniques, meditation to reduce stress, discussion, and journalling. Improve your mindset, increase self awareness, enhance your wellbeing, and manifest your goals. Explore visualisation techniques, flower essences, aromatherapy, and other ways to nurture the mind-body connection.

Mat Pilates

Instructor: Bronwen Kolinac
Tues 14 October | 6:30pm – 7:30pm
Alf Faulkner Hall - 097

\$108 + booking fee | 9 weeks

A specialised mat-class that uses your own body weight and props to improve core stability, abdominal and back strength, flexibility and posture. This is a muscle retraining program focusing on abdominal core strength, it is a mat-work class that engages the mind and challenges the body.

Participants should bring a mat, water bottle and socks.



To enrol, head to tinyurl.com/relaxterm4



Samba Drumming

Instructor: Maria Daniels

Tues 21 October | 7:15pm – 8:15pm

Bassendean Community Hall (Main Hall) - 096

\$72 + booking fee | 8 weeks

Do you like music, fun and excitement? Then join our awesome, innovative and therapeutic drumming classes right here in Bassendean.

Our dance rhythms vary from traditional Brazilian songs to Reggae, Caribbean and RnB beats, with the addition of personal compositions devised by our Course Instructor and Musical Director – Maria.

You will also be joined by the Bassonovas who will help you along the way.

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

Our friendly classes are suitable for ages 16 upwards. The first day of each term (Discover Drumming) is free for new members who want to give it a try. Enrolments can be taken at any time during the term.

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



African Drumming

Instructor: Maria Daniels

Tues 21 October | 6pm – 7pm

Bassendean Community Hall (Main Hall) - 096

\$96+ booking fee | 8 weeks

Africa is calling! Come and learn our unique and impressive drum rhythms from Ghana, West Africa.

Learn all about traditional instruments, the rich culture, and the history of the music. All instruments will be provided, such as the Djembe, Dunduns, African Agogo bells and Shekeres. You will play along to some unique, happy and celebratory rhythms, some of which include African singing and chants. The Bassonovas drummers will join us to play along too!

Sessions are fun and easy to follow, with no experience needed. Classes are suitable for ages 16 upwards. The first day of each term (Discover Drumming) is free for new members. Enrolments can be taken at any time during 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 15 October | 6pm – 7pm

Thurs 16 October | 11:45am – 12:45pm

Bassendean Community Hall (Main Hall) - 096

\$96 + booking fee each | 8 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.

No class on 22 or 23 October.

To enrol, head to tinyurl.com/relaxterm4



Mums and Bubs Yoga

Instructor: Treana Jones
Thurs 16 October | 10am – 11:30am

Alf Faulkner Hall - 097

From \$10 per class | 9 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.

Line Dancing

Instructor: Pat Fletcher
Mon 13 October | 11am – 12pm

Alf Faulkner Hall - 097

\$108 + booking fee each | 9 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.

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

To enrol, head to tinyurl.com/relaxterm4