

# Northam Recreation Centre Fitness Classes



## Can't Resist HIT!

Push your limits with our Can't Resist High-Intensity Training (HIT) class. This fast-paced workout burns calories, builds strength, and boosts endurance quickly. Whether you're a fitness enthusiast or a beginner, you'll love the results from our HIT routines.

## RFB Class

Transform your fitness routine with our comprehensive Resistance, Flexibility, and Balance (RFB) sessions. These dynamic classes integrate strength-building resistance training, mobility-enhancing flexibility exercises, and stability-focused balance workouts.

**Days:** Tuesday | **Can't Resist HIT!**  
Thursday | **RFB Class**

\* All classes are held in the Hospitality Room

**Times: 9:15am - 10:15am**

**Cost:** \$8 per session  
\$5 for concession card holders

Grab an **Fitness Pass** and save!



For enquiries please call the  
Northam Recreation Centre on  
**9622 5153**