



Create MYWELLNESS account to access your GYM program from your phone or ask gym staff to print it out.

Learn more about the My Wellness App here.



Mandurah Aquatic & Recreation Centre

303 Pinjarra Road, Mandurah | Phone: 9550 3600

All Group Fitness classes could be modified to your fitness level.

View our classes here:



Please note this plan is suitable for people without serious medical conditions.

For a personalised program please book an appraisal here:



Check our Group Fitness timetable here:



12 Week Smart Start Plan



For a well-balanced training plan, we recommend alternating strength and cardio workouts and include wellbeing practices like mobility program, yoga, body balance and Tai Chi.

Group Fitness

	Phase 1	Phase 2	Phase 3
Beginners & Seniors	1-2 per week	1-2 per week	1 per week
Heart (cardio)	1-2 per week	2 per week	2-3 per week
Strength	1-2 per week	2 per week	2-3 per week
Wellbeing	1-2 per week	1-2 per week	1-2 per week

Phase 1:

1-4 weeks

Choose min 3 classes per week

Phase 2:

5-8 weeks

Choose min 4 classes per week

Phase 3:

9-12 weeks

Choose min 5 classes per week

Gym Workout

	Phase 1	Phase 2	Phase 3
Strength Full body	1-2 per week	2-3 per week	3-4 per week
Cardio	1-2 per week	2-3 per week	3-4 per week
Mobility (dynamic & static stretching)	1-2 per week	2-3 per week	2-3 per week

Phase 1:

1-4 weeks

Minimum 2 classes per week

Phase 2:

5-8 weeks

Minimum 3 classes per week

Phase 3:

9-12 weeks

Minimum 4 classes per week

To receive access to 12 week SMART START FULL BODY Training Program ask gym staff to assign it to your account or give you a printed copy.

