

Benefits to joining our program:

- Improve fitness
- Develop strength
- Tone and shape your body
- Develop healthy habits for life
- Have fun and make new friends



Opening hours

Monday to Thursday	5:45am to 8:30pm
Friday	5:45am to 8:00pm
Saturday	8:00am to 5:00pm
Sunday	9:00am to 5:00pm
Public Holidays	10:00am to 2:00pm

Hours are subject to change on public holidays, please check with us to confirm.

Closed New Years Day, Good Friday, Easter Sunday, Anzac Day, Christmas Day and Boxing Day.



1 Rotary Avenue, Hay Park, Bunbury WA 6230
(08) 9795 2222 swsc@bunbury.wa.gov.au

www.southwestsportscentre.com.au

Find us on Facebook and Instagram!

Just search South West Sports Centre to stay up to date with what is going on around the Centre.

Teen Fit Program



1 Rotary Avenue, Hay Park, Bunbury
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Teen Gym

Teen Gym is a fun and interactive workout session instructed by qualified and experienced Personal Trainers. Each session is specifically tailored to compliment and support what a teen body needs in terms of development and ability levels.

Teen Gym sessions are conducted in our private downstairs Fit for Life gym, and focus on fitness and strength using the latest cardio and strength training equipment.

Strength and fitness exercise during adolescent years can set the basis for a healthy lifestyle into adulthood. Our Teen Gym program is aimed at those teens who want to be involved, want to improve their strength and fitness, and also want to improve performance and reduce the risk of injury in their chosen sports.

Our Teen Gym sessions are structured to develop each participants strength and fitness according to their growing bodies. Teen Gym sessions include core stability, cardiovascular endurance, agility, functional strength and conditioning. The most important aspect of these sessions is that they are completed with trainer supervision to ensure activities are undertaken with correct technique and format.

We keep the workouts challenging, not just to improve fitness, but also to give participants a sense of accomplishment. Working hard to get that first pull-up does amazing things for self-confidence and teaches you how to have a positive attitude towards challenges. Teen Gym classes run throughout the school term and school holidays.

What you get in every session

Structured warm up

Each workout will start with a group warm-up, that will ensure your muscles and joints are truly prepared for the workout to come.

Workout

Our workout programming is aligned with the development needs of teens, and each class will be a slightly different structure to ensure no one is getting bored. Class structure will range between group workouts, individual workouts and circuit style workouts. Our instructors will always offer an array of difficulty levels so that everyone is safe and appropriately challenged.

Cool down

There is a cool down after every session and we stretch out the main muscle groups used in that days workout. We also use this time to talk about the session we have just completed.

Memberships

Teen Fit is available for teens 11 to 16 years of age. With no joining fee and unlimited access to classes, it is only \$22.45 per fortnight on direct debit.

Included in your membership is unlimited pool entry!* For more information, or to sign up, contact our friendly Membership Consultants on (08) 9795 2238 or (08) 9795 2235.

*conditions apply.

FIT FOR LIFE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:15PM	TEEN GYM		TEEN GYM		TEEN GYM

