



SOUTH PACIFIC
HEALTH CLUBS

SUMMER GROUP FITNESS TIMETABLE
SOUTH PACIFIC HEALTH CLUBS NUNAWADING
COMMENCING MONDAY 15TH JANUARY 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	RPM		SPRINT	BOXING 45			
8:30am						BODYPUMP	
9:30am	BODYPUMP 30	BODYPUMP 30	BODYPUMP	SPRINT	CXWORX	BODYATTACK 30 SPRINT	BODYCOMBAT
10:00am	BODYCOMBAT 30	CXWORX		METAPWR	RPM	BODYBALANCE	
10:30am							BODYPUMP
11:30am							PILATES
5:45pm	BODYPUMP		CXWORX				
6:15pm		BODYCOMBAT 45	METAFIT	BODYATTACK			
6:30pm	SPRINT		RPM	SPRINT	SH'BAM		
6:45pm			BODYPUMP				
7:00pm	BODYCOMBAT	BODYATTACK 45					
7:15pm				CXWORX			
7:45pm		YOGA VINYASA	YOGA YIN				
8:00pm	SH'BAM						

PLEASE NOTE: Please arrive 5 minutes before class begins. For safety, no entry after warm up.

For the most up to date class times and instructors, please visit www.southpacifichc.com.au

- You will notice that we've placed some orange dots on our Timetable. These orange dot classes have been orange flagged for review. For it to remain on the timetable, please show your support by attending. If you cannot make that time slot or have further feedback on the class, please let us know by emailing our Group Fitness Manager Ben, bena@southpacifichc.com.au.

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SOUTH PACIFIC
HEALTH CLUBS

SOUTH PACIFIC HEALTH CLUBS NUNAWADING GROUP FITNESS CLASS DESCRIPTIONS

BODYATTACK

A sports inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

BODYBALANCE

Breathing control and a range of movements and motion set to music that will improve your mind, body and life. Bending and stretching through safe and simple yoga moves, a BODYBALANCE class blends elements of Yoga, Tai Chi and Pilates to strengthen your entire body. EXP: 30 minute class.

BODYCOMBAT

A high energy martial-inspired workout. You'll punch and kick your way to superior fitness and strength. Non-contact and there are no complex moves to master. You'll be challenged to up the intensity and motivated to make the most of every round. You'll release stress, have a blast and feel like a champ. EXP: 30 minute class.

BODYPUMP

A weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles. EXP: 30 minute class.

BOXING

Offers a whole body cardiovascular workout; burning calories, stamina and toning muscle. Using focus mitts and boxing gloves, you will be challenged physically while learning correct technique and accuracy.

CXWORX

Provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do—it's the glue that holds everything together. All moves in CXWORX have options, so it's challenging but achievable for your own level of fitness.

METAFIT

The Metafit™ group workout is an effective 30 minute workout that gets big results! To burn fat you need to change the resting metabolism, work big muscle groups with simple un-choreographed, high intensity intervals and get quick results. This is the original HIIT workout!

METAPWR

MetaPWR is a new metabolic workout using functional kit and exercises mixed with our unique brand of metafit timings, commands and music for a 30 minute power workout that can be done anywhere with minimal equipment.

PILATES (MAT)

Long lean muscles and a strong core are the main benefits from this class. Challenging and strengthening the upper body and the midsection, with little impact to the joints. Suitable for first timers and advanced participants.

RPM

RPM is an indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit. Based on the sport of cycle racing, RPM uses a series of simulated climbs and sprints to create a workout where you control the intensity—it's literally easier than riding a bike for 45 minutes. EXP: 30 minute class.

SH'BAM

A fun-loving, insanely addictive dance workout. SH'BAM is an ego-free zone—no dance experience required. Just bring a playful attitude, an open mind and a cheeky smile. Your instructor will guide you through simple (yet sassy) dance moves, all set to a party playlist.

SPRINT

A 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve rapid results with minimum joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout.

YOGA YIN

The essence of Yin Yoga is to surrender, bringing balance to your practice and your life. A strong focus on using the breath and grounding postures to lengthen fascia tissues surrounding the hips, spine, chest, and shoulders. It re-energises and calms your nervous system. The perfect way to release the tension and stress from the day.

NEW PARTICIPANTS, INJURIES, PREGNANCY?

If you are a new participant, have injuries, pregnant or other special concerns, please arrive 5 minutes early and advise your Instructor before class commences. They can make variations for your specific needs.