



AUTUMN GROUP FITNESS TIMETABLE
SOUTH PACIFIC HEALTH CLUBS MENTONE
COMMENCING TUESDAY 3RD APRIL 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODYPUMP 45 VIRTUAL CYCLE	BODYATTACK 45 PILATES REF	RPM 45 MAT PILATES	SPIN EXP PILATES REF	BODYPUMP 45 VIRTUAL CYCLE		
6:15am		VIRTUAL CYCLE	BOOTCAMP				
8:30am	VIRTUAL CYCLE PILATES REF		VIRTUAL CYCLE	ACTIVE ADULTS	VIRTUAL CYCLE	BODYPUMP BOOTCAMP PILATES REF	SPIN PILATES REF
9:00am		VIRTUAL CYCLE		VIRTUAL CYCLE	BODYBALANCE		
9:30am	BARRE ACTIVE ADULTS PILATES REF	BODYPUMP PILATES REF BOXING	PILATES REF BODYBALANCE WORKOUT WARRIOR	PILATES REF YOGA - HOT BODYPUMP	BODYCOMBAT BOXING	RPM PILATES REF CXWORX YOGA YIN	PILATES REF
10:00am						BODYCOMBAT 45	YOGA - VINYASA BODYATTACK
10:30am	VIRTUAL CYCLE	YOGA - YIN TAI CHI 45	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE PILATES REF		
10:45am						SH'BAM	
11:00am						VIRTUAL CYCLE	VIRTUAL CYCLE
12:00pm	VIRTUAL CYCLE		VIRTUAL CYCLE		VIRTUAL CYCLE		
1:00pm		VIRTUAL CYCLE		VIRTUAL CYCLE			
4:30pm						VIRTUAL CYCLE	YOGA - HOT VIRTUAL CYCLE
5:45pm	BODYPUMP	PILATES REF BOXING	VIRTUAL CYCLE PUMP EXP	VIRTUAL CYCLE PILATES REF BODYATTACK 45			
6:00pm	SPARTAN STRENGTH	SPIN EXP					
6:15pm	YOGA - HOT	YOGA - HATHA	CXWORX TRX	YOGA - HOT			
6:30pm	PILATES REF	WORKOUT WARRIOR BODYATTACK	PILATES REF	BODYPUMP 45	VIRTUAL CYCLE BARRE		
6:45pm	SH'BAM		BODYBALANCE 45				
7:00pm	BOXING VIRTUAL CYCLE	PILATES REF	BARRE	PILATES REF VIRTUAL CYCLE			
7:15pm				CXWORX			
7:30pm	PILATES REF	VIRTUAL CYCLE MAT PILATES	PILATES REF				

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

*Subject to change on availability. For the most up to date class times and instructors, please visit www.southpacifichc.com.au.



SOUTH PACIFIC HEALTH CLUBS MENTONE

GROUP FITNESS CLASS DESCRIPTIONS

ACTIVE ADULTS – 45 MINUTES

Incorporating mobility, strength, flexibility, cardio, all mixed in with a good dose of fun and community spirit. Active Adults is aimed at our more mature members to improve daily function. Incorporating 3 Phases: Mobility/Balance/Coordination, Strength/Flexibility and Cardio. Come along and enjoy the fun!

BARRE

Combining Pilates principles and ballet techniques, this low-impact workout targets major muscle groups to elongate, strengthen and tone your muscles, resulting in a sculpted physique and improved posture. No dance background needed.

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.

BOOTCAMP – 45 MINUTES

Our unique style of training designed by us, this training session covers a broad range of benefits from cardio training, HIIT (High Intensity Interval Training) training, strength building, shaping and toning, and fat burning. Designed for a team workout, you'll get to know your workout buddies, and build strong connection as you sweat it out together.

BOXING – 45 MINUTES

Boxing offers a superior cardiovascular workout; burning more calories, building more stamina, developing and toning more muscle than any other form of exercise. Using focus mitts and boxing gloves you will be challenged physically, while learning correct technique and accuracy. Equipment provided, but bringing your own gloves is recommended.

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.

GRIT STRENGTH

GRIT STRENGTH is a 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super fast. The short sharp demanding exercises combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.

PILATES REF

In this 45 or 60 minute class you will learn the fundamental exercises and the principles of the Pilates method. The exercises will be broken down as they are taught; ensuring you learn proper technique and the slightly smooth pace will give you confidence to execute the movements safely. This type of class is suitable for people new to Pilates and also to those with experience but are looking to brush up on their technique.

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. RPM Hi-Performance: 60 minutes.

SH'BAM

A fun-loving, insanelly 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. EXP: 30 minute class.

SPARTAN STRENGTH – 30 MINUTES

Not for the faint hearted, this class will challenge and push you to the absolute limit. Using functional strength training, a full on, full body strength and endurance workout.

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.

TRX

Developed by the US Navy Seals, TRX Suspension training is here. A 30 minute strengthening session uses your own body weight to achieve; muscle tone, improved core strength and increased muscle definition in this quick session. TRX 30 incorporates strength training for entire upper body, lower body and core. The class is strongly advisable for both men and women with at least a medium level of fitness.

WARRIOR WORKOUT – 30 MINUTES

This class will challenge and change you by focusing on full body strength and endurance, in a circuit environment. This class requires total body integrated strength, mobility, skill and due to the ballistic nature of some of the movements—will leave you gasping for air.

YOGA – HATHA

This is a gentler type of yoga. With more focus on meditation, breathing and holding the poses for longer periods of time. A great introduction to yoga.

YOGA – HOT

Many of our styles of yoga are offered in a heated setting (temperatures ranging from 25–38 degrees). If you have a medical condition, please consult with your health professional.

YOGA – VINYASA

Vinyasa Yoga is an open class that links breath with postures and movement such as balancing, inversions, backbends and a floor series. This increases strength, flexibility, and focus while clearing the body of toxins, leaving you feeling calm and centred.

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 reenergises 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 mins early and advise your Instructor before class commences. They can make variations for your specific needs.