

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	BODYCOMBAT 45 RPM	BODYPUMP 45	BODYBALANCE SPIN	CARDIO COMBO 45	BODYPUMP 45 RPM		
8:15am						BODYPUMP BOXING	BODYCOMBAT 45
9:00am							RPM ZUMBA YOGA STRENGTH
9:15am	BODYPUMP POWER CIRCUIT PILATES REF (BEG)	BODYCOMBAT TABATA CARDIO	BODYPUMP 30 RPM	RPM PILATES REF (INT) BODYBALANCE	CARDIO COMBO 30 TABATA STRENGTH YOGA STRENGTH	LM TONE RPM YOGA HATHA	
9:45am			FREESTYLE STEP 30		BODYPUMP 30		
10:00am						CXWORX	BOXING
10:15am	PILATES REF (INT)	BODYBALANCE ROAD RIDE	YOGA YIN	PILATES REF (ADV)	RPM	RPM	
10:30am							PILATES REF (INT)
11:30am	YOGA HATHA			YOGA HATHA			PILATES REF (INT)
1:30pm	COTA		COTA	COTA			
5:45pm	RPM				SH'BAM FF		
6:00pm	FREESTYLE STEP	BODYPUMP RPM PILATES REF (INT)	LM TONE BOXING PILATES REF (INT)	SH'BAM RPM PILATES REF (INT)			
6:30pm	BOXING				YOGA FLOW		
7:00pm	ZUMBA MAT PILATES	CXWORX PILATES REF (ADV)	BODYPUMP PILATES REF (BEG)	MAT PILATES PILATES REF (INT)			
7:30pm		BODYCOMBAT POWER CIRCUIT		POWER CIRCUIT			
8:00pm	YOGA HATHA		BODYBALANCE				

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 Narelle, narelle@southpacifichc.com.au.

South Pacific Health Clubs Williamstown
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ACTIVE ADULTS

ACTIVE ADULTS 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!

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.

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.

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.

LES MILLS TONE

If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout. The mix of functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels.

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 – 30 MINUTES

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.

CARDIO COMBO

Cardiovascular conditioning combined with strength training. The best way to burn calories while maintaining lean body mass. You can achieve your fitness goals by boosting metabolism and improving the health of your heart and lungs. EXP: 30 minute class.

FREESTYLE STEP

A great cardiovascular workout—stepping up, down and all around your step. Easy to follow combinations. STEP IT UP! Beginner and Open classes available. EXP: 30 minute class.

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.

PILATES REFORMER BEGINNER

In this 55 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.

PILATES REFORMER INTERMEDIATE

This 55 minute class builds on the fundamental skills learned from the beginner class; here you will learn more complex exercises that will deepen your understanding of Pilates and movement. The pace is faster and offers a more flowing type of workout that will help you build strength and stamina. Those wanting to join this class will need to have done at least 10 beginner classes or have approval from the Pilates teacher in charge of the class.

PILATES REFORMER ADVANCED

If you are experienced at the intermediate level and are now looking for more of a challenge, the 55 minute, advanced classes are designed to deliver a higher level of intensity, at a faster pace.

POWER CIRCUIT

More than the boring circuit class you may know. We incorporate power ropes, sloop balls, weights and more to bring you a more dynamic high intensity workout. This is a tough session designed for those looking for a challenge. This class is strongly recommended for both men and women and all levels of fitness.

ROAD RIDE

Sprint intervals and challenging climbs. Wildly, inspiring cardio training that keeps you coming back to the bike for more. Your coach will recreate the challenges of a pack road ride. This class is highly addictive class.

RPM – 45 MINUTES

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, 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.

SH'BAM FF

Family friendly class, bring your family for free! Family members must be accompanied by a member of SPHC. Ages 5+

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.

TABATA

Training is a type of HIIT (High Intensity Interval Training) that follows the format: 20 seconds of high intensity exercise, followed by 10 seconds rest. This 45 minute class will have you gasping for air, getting you fitter faster. We also have cardio and strength focused classes available.

YOGA FLOW

Yoga Flow is an open class that links yoga poses to breath and music. The sequencing produces strength, flexibility, balance and focus, releasing your stresses and detoxifying your body, mind and spirit.

YOGA HATHA

A great introduction to Yoga. This a gentle type of Yoga. Focusing on meditation, breathing and holding the poses for longer periods of time.

YOGA STRENGTH

Strength Yoga is an all levels class that uses poses to help you build strength and muscle tone using just your own body weight. This class allows you to hold poses for a longer period of time to help build your strength and stamina. You will feel the results from this class after just one session.

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.

ZUMBA

The Zumba program—Makes fitness fun with Latin dance rhythms and a blend of classic songs, easy-to-follow moves will create a fun experience.

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.