



SPRING GROUP FITNESS TIMETABLE
SOUTH PACIFIC HEALTH CLUBS MENTONE
COMMENCING MONDAY 1ST OCTOBER 2018

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---------------------------------------|-----------------------------------|--------------------------------|------------------------------|------------------------------|--|--------------------------------|
| 6:00am | BODYPUMP 45 VIRTUAL CYCLE | BODYATTACK 45 PILATES REF | RPM 45 | 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 BODYPUMP | BODYBALANCE | | |
| 9:15am | | | BODYBALANCE | | | | |
| 9:30am | BARRE ACTIVE ADULTS PILATES REF | PILATES REF BOXING BODYPUMP | PILATES REF WORKOUT WARRIOR | PILATES REF YOGA - HOT | BOXING | RPM PILATES REF CXWORX YOGA YIN | PILATES REF |
| 10:00am | | | | | ZUMBA | | YOGA - VINYASA BODYATTACK |
| 10:15am | | | ZUMBA | | | | |
| 10:30am | VIRTUAL CYCLE | YOGA - YIN | VIRTUAL CYCLE | VIRTUAL CYCLE | PILATES REF VIRTUAL | | |
| 11:00am | | | | | | VIRTUAL CYCLE | VIRTUAL CYCLE MEDITATION 30 |
| 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 | BODYATTACK 45 PILATES REF | | | |
| 6:00pm | SPARTAN STRENGTH | SPIN EXP | | CYCLE 45 | | | |
| 6:15pm | YOGA - HOT | YOGA - HATHA | CXWORX TRX | YOGA - HOT | | | |
| 6:30pm | PILATES REF | WORKOUT WARRIOR BODYATTACK | PILATES REF | BODYPUMP BOOTCAMP | VIRTUAL CYCLE | | |
| 6:45pm | | | YOGA - HOT DYNAMIC FLOW | | | | |
| 7:00pm | BOXING VIRTUAL CYCLE | PILATES REF | BARRE | PILATES REF VIRTUAL CYCLE | | | |
| 7:15pm | MEDITATION 30 | | | | | | |
| 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.



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.

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.

EXPRESS CYCLE

Get ready for the perfect ride combined with High Intensity Interval Training (HIIT). In 30 minutes you will start to get results. The short intense workouts provide improved athletic capacity and condition as well as improved metabolism.

MEDITATION

A 30 minute guided meditation class that will teach you breathing techniques to calm the mind and deeply rest the body. Take the time out to unwind from your busy day.

PILATES REF

In this 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.

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.

SPIN

An outdoor spin simulation brought indoors away from the elements. A challenging motivating class that allows you to be in control of your workout. Suitable for all levels.

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 – HOT DYNAMIC FLOW

This is a beautifully strong and dynamic Vinyasa flow yoga class practised in a 36°C heated room. Vinyasa flow with a sequence of postures synchronised by breath. This class will challenge your body, quieten your mind and uplift your spirit.

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 36°C heated room. 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.

ZUMBA

This is a fun dance class with a party atmosphere, combining Latin, African and Bollywood rhythms. You'll have so much whilst burning calories you won't even know that you are working out.

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.