

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	SPIN BEATS (C BY C) GRIT STRENGTH ● PILATES REF (OPEN)	RPM YOGA HOT VINYASA	SPRINT PILATES REF (INT) BODYPUMP 45	GRIT STRENGTH YOGA VINYASA	SPIN BEATS (C BY C)		
6:30am		SPARTAN STRENGTH	WARRIOR WORKOUT	WARRIOR WORKOUT	SPARTAN STRENGTH		
7:00am		REFORMER OPEN					
7:15am					PILATES REF (BEG)	GRIT STRENGTH	
8:30am				PILATES REF (BEG)		BODYPUMP SPIN STRONG (C BY C) BODYBALANCE	GRIT STRENGTH SPIN HEAT (C BY C)
9:30am	PILATES REF (INT) RPM	BODYPUMP MAT PILATES WARRIOR WORKOUT	SH'BAM RPM FOUNDATION PILATES REF (INT) SPARTAN STRENGTH	BODYPUMP SPIN BEATS	YOGA HOT VINYASA RPM POWERCORE	BODYATTACK RPM FOUNDATION YOGA VINYASA PILATES REF (INT) WARRIOR WORKOUT	BODYPUMP RPM PILATES REF (INT)
10:30am	BODYBALANCE	BARRE	BODYBALANCE	YOGA HOT VINYASA BOXING	PILATES REF (INT)	● BODYCOMBAT PILATES REF (OPEN) YOGA HOT VINYASA WARRIOR WORKOUT	YOGA HATHA 90 WARRIOR WORKOUT
11:30am					FELDENKRAIS AQUA	BARRE	
12:30pm	YOGA ASHTANGA ACTIVE ADULTS	YOGA YIN PILATES REF (BEG)	YOGA VINYASA ACTIVE ADULTS	FELDENKRAIS PILATES REF (OPEN)	YOGA HATHA		
2:00pm						YOGA DYNAMIC FLOW	
4:00pm							YOGA VINYASA
4:30pm		FELDENKRAIS					
5:00pm	ABS						
5:30pm	BODYPUMP RPM BODYBALANCE PILATES REF (INT)	BODYATTACK SPIN STRONG (C BY C) YOGA YIN PILATES REF (BEG)	BODYPUMP RPM FOUNDATION YOGA HATHA PILATES REF (BEG)	YOGA HOT VINYASA	GRIT STRENGTH		
5:45pm	WARRIOR WORKOUT	POWERCORE		SPRINT BODYCOMBAT 45			
6:00pm			OMNIA POWER CIRCUIT	PILATES REF (INT) WARRIOR WORKOUT	YOGA HATHA RESTORE		
6:15pm							YOGA YIN
6:30pm	BODYCOMBAT SPRINT YOGA YIN PILATES REF (BEG)	BODYPUMP SPIN HEAT (C BY C) YOGA ASHTANGA ● PILATES REF (INT) BOXING	SH'BAM SPIN BEATS (C BY C) BARRE	GRIT STRENGTH RPM YOGA YIN			
6:45pm	BOXING		WARRIOR WORKOUT				
7:00pm					YOGA MEDITATION		
7:15pm			● BODYBALANCE 45				
7:30pm			AQUA				
8:00pm	YOGA HOT VINYASA		YOGA YIN				

**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](http://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 Penny, [penny@southpacifichc.com.au](mailto:penny@southpacifichc.com.au).

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#### AB BLAST

This 30 min dynamic and energising workout is designed to condition your core and correct your posture. You will be challenged with short bursts of intensity and recovery, and leave feeling stronger and taller.

#### 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!

#### AQUA AEROBICS

Aqua aerobic classes are designed to cater for all fitness levels and ages. It's a great cardiovascular and muscle toning class without the impact on your joints. You will improve your core strength whilst strengthening all major muscle groups.

#### BARRE

Combining Pilates principles and ballet techniques, this 45 minute 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\*

BODY ATTACK\* is the 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\*

The Yoga, Thai Chi, and Pilates workout that build flexibility and strength leaving you feeling centred and calm.

#### BODYCOMBAT\*

Moves and stances developed from a range of self defence disciplines like karate, boxing and tai kwon do. You're fighting for your life, the fitness you deserve and the total body wellness you must have.

#### BODYPUMP\*

BODYPUMP\* is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Get the results you came for-and fast.

#### BOXING/KICK BOXING

High intensity training with easy to follow combinations make this workout draw the crowd! A fun and fast paced class that will surely get your heart pumping. High energy output and high cardio workout. Punch and kick free-standing punch bags, to let your day's stress disappear.

#### FELDENKRAIS

This body awareness program is fantastic for any one with lower back problems, mobility and flexibility concerns. The focus is to re-educate ones nervous system through pattern integration.

#### 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.

#### MAT PILATES

Develop the 'Pilates Body' long, lean, and strong with a hidden strength under a healthy muscle tone. Through the prescribed exercise routines on the mat we will re-train the body to work efficiently with minimal effort and no tension.

#### MEDITATION

Learn effective breathing techniques in 30 minutes that will leave you both feeling centered and balanced. Enjoy taking the time out to unwind from your busy week to reset both mind and body.

#### OMNIA™ POWER CIRCUIT

Utilising the latest and greatest in functional training equipment, the OMNIA™ apparatus provides a perfect introduction into the world of functional training. Innovative and challenging movements on set circuit stations around the OMNIA™ provide a challenging workout, which is both enjoyable and rewarding.

#### POWERCORE

Powercore will challenge and develop your core in ways you never thought possible. Integrating functional full body movement patterns in a circuit environment, this will take your core to a whole new level. Utilising Kettlebells, TRX, powerbands, aqua bags amongst others, Powercore will engage those abs and improve your posture!

#### PILATES REFORMER

Pilates Reformer is a low-impact workout that builds strength and endurance. It can improve your balance and posture, making everyday activities easier and more difficult ones (like running and cycling) less challenging. Using the movement of the reformer, with various adjustments (springs) and body weight exercises, you will find new ways to strengthen and tone your physique, making it a total body workout. Please check our Timetable for the 4 levels we offer (Open, Beginner, Intermediate and Advance).

#### 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 FOUNDATION

These classes include the FTP fitness test the first class of the month on our IC7 bikes and give you a great introduction into Cycle classes, your instructor will help you set up your bike and take you through a 15 min fitness test. Beginners or experienced are welcome to test their fitness and track progress. Once you have your FTP score this can be used in all classes to help guide resistance and effort required to get great results based on your fitness level. Followed by a 45min RPM class. (When FTP testing is not scheduled the class will run as a normal 45 min RPM class with beginners guild to set up at the beginning of 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.

#### SPARTAN STRENGTH

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 - BEATS

Full of great music and a party atmosphere, be ready for a fun cycle experience with a killer soundtrack. 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. This class utilizes the Coach By Colour (C By C) Technology.

#### SPIN - HEAT

A 30-minute Higher-Intensity Interval Training (HIIT) ride that will have you burning some serious calories! Mixing timed bouts of hard work followed by periods of rest, HEAT training delivers maximum results in the minimum time. Featuring four specific training zones - IGNITE, HEAT, ON-FIRE & BURN - means you will train smarter and recover better. Get ready to #bringtheHEAT! This class utilizes the Coach By Colour (C By C) Technology.

#### SPIN - STRONG

Come to work in this powerful cycle class, full of outdoor ride sprint, climbs and breakways this class will build your cardiovascular strength and challenge your legs. 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. This class utilizes the Coach By Colour (C By C) Technology.

#### 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.

#### WARRIOR WORKOUT

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 ASHTANGA

This type of yoga is challenging, quick-paced, and just the thing to open your tight hamstrings, hips, and shoulders. It involves a set sequence of poses that members follows in the exact same order every time.

#### YOGA DYNAMIC FLOW

Dynamic yoga flow incorporates a musical soundtrack into the class experience, this dynamic Vinyasa-style class synchronises movement and breath in a continuous flow of poses. A challenging way to improve your yoga practice helping to achieve balance and strength.

#### 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 VINYASA

Vinyasa 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 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 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.