



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am	BODYPUMP 45 Main Studio	ADVANCED BOXING 45 Main Studio	THE GAUNTLET 45 Main Studio	GRIT STRENGTH 30 Main Studio	RPM 45 Cycle Studio		
	REFORMER PILATES 45 Reformer Studio	RPM 45 Cycle Studio	REFORMER PILATES 45 Reformer Studio	MYRIDE + VIRTUAL 30 Cycle Studio			
	MYRIDE+ VIRTUAL 30 Cycle Studio	BARRE 45 Wellness Studio	HOT POWER YOGA 45 Wellness Studio	MAT PILATES 45 Wellness Studio			
8:00am			WARRIOR WORKOUT 30 Performance Zone		SPARTAN STRENGTH 30 Performance Zone		
9:00am						MYRIDE+ VIRTUAL 60 Cycle Studio	
10:15am						BODYPUMP 60 Main Studio	
11:40am	TABATA 30 Main Studio	POWERCORE 30 Main Studio					
12:15pm	GRIT CARDIO 30 Main Studio	BODYPUMP 45 Main Studio	CIRCUIT 45 Main Studio	BODYPUMP 45 Main Studio	MYRIDE+ VIRTUAL 45 Cycle Studio	MYRIDE+ VIRTUAL 60 Cycle Studio	MYRIDE+ VIRTUAL 60 Cycle Studio
	REFORMER PILATES 45 Reformer Studio	REFORMER PILATES 45 Reformer Studio	REFORMER PILATES 45 Reformer Studio	REFORMER PILATES 45 Reformer Studio	REFORMER BEGINNER 45 Reformer Studio		
	MAT PILATES 45 Wellness Studio	MAT PILATES 45 Wellness Studio	BARRE 45 Wellness Studio	MAT PILATES 45 Wellness Studio	CIRCUIT 45 Main Studio		
	RPM 45 Cycle Studio	RPM 45 Cycle Studio	SPIN 45 Cycle Studio				
1:05pm	REFORMER PILATES 45 Reformer Studio	REFORMER PILATES 45 Reformer Studio	MYRIDE + VIRTUAL 30 Cycle Studio	REFORMER PILATES 45 Reformer Studio	REFORMER PILATES 45 Reformer Studio	MYRIDE+ VIRTUAL 45 Cycle Studio	MYRIDE+ VIRTUAL 45 Cycle Studio
		BODYBALANCE 45 Wellness Studio	REFORMER PILATES 45 Reformer Studio	HATHA YOGA 45 Wellness Studio	WARM HATHA YOGA 45 Wellness Studio		
1:10pm	CORE + STRETCH 45 Main Studio	CIRCUIT 45 Main Studio	GRIT STRENGTH 30 Main Studio	BOXING 45 Main Studio	CORE + STRETCH 45 Main Studio		
	WARM YIN YOGA 45 Wellness Studio			SPRINT 30 Cycle Studio			
	SPRINT 30 Cycle Studio						
1:30pm	SPARTAN STRENGTH 30 Performance Zone						
5:00pm		CORE 30 Main Studio		BOXING EXPRESS 30 Main Studio			
5:30pm	BODYATTACK 45 Main Studio	MYRIDE+ VIRTUAL 30 Cycle Studio	BODYATTACK 60 Main Studio	BODYPUMP 60 Main Studio	REFORMER PILATES 50 Reformer Studio		
	RPM 45 Cycle Studio	REFORMER PILATES 45 Reformer Studio	RPM 45 Cycle Studio	BARRE 45 Wellness Studio	MYRIDE+ VIRTUAL 50 Cycle Studio		
	POWER YOGA 45 Wellness Studio	BODYPUMP 60 Main Studio	MAT PILATES 60 Wellness Studio	REFORMER PILATES 45 Reformer Studio			
		HOT FLOW YOGA 60 Wellness Studio		MYRIDE + VIRTUAL 45 Cycle Studio			
6:15pm		REFORMER PILATES 45 Reformer Studio		REFORMER BEGINNER 45 Reformer Studio			
		SPRINT 30 Cycle Studio					
6:30pm	BODYPUMP 60 Main Studio		YIN YOGA 60 Wellness Studio	MYRIDE + VIRTUAL 60 Cycle Studio			
	REFORMER PILATES 60 Reformer Studio		MYRIDE + VIRTUAL 60 Cycle Studio				
	MYRIDE+ VIRTUAL 60 Cycle Studio						

**PLEASE NOTE:** Classes will start on time as scheduled. Please allow plenty of time prior to class start time to secure and set up equipment. For safety, no entry after warmup.

For the most up to date class times and instructors, please visit [www.southpacifichc.com.au](http://www.southpacifichc.com.au)

Not all exercise programs are suitable for everyone. If you are new to exercise or pregnant, have any injuries or musculoskeletal issues please consult your physician before participating in any exercise program. The member assumes all risk of injury in attending, and the use of the equipment for the above group fitness classes. South Pacific Health Clubs and its Group Fitness Instructors are not responsible for any personal injury, property loss or death which may occur in South Pacific Health Clubs' Group Fitness classes.

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#### **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.

#### **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.

#### **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. Advanced Level on Tuesdays 7am. We recommend attending Open Level Boxing for 2-3 months before attending Advanced Boxing. BYO gloves encouraged.

#### **CORE + STRETCH**

A 30 or 45 Minute workout designed to target more than just your abs. This session utilises muscles from the back, glutes, abs and obliques to improve core strength, definition and posture. 45 minute format includes a 15 minute stretch component to release fascia.

#### **CIRCUIT**

A cross-training workout where aerobic, weight-lifting, and resistance exercises are performed at work stations, creating a fun and challenging workout.

#### **GRIT CARDIO**

A 30 minute High Intensity Interval Training (HIIT) workout that features explosive movements using body weight designed to burn fat and rapidly improve athletic capability.

#### **GRIT STRENGTH**

A 30 minute High Intensity Interval Training (HIIT) workout that takes you into overdrive. The short, sharp demanding exercises combine weightlifting and bodyweight exercises for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.

#### **MYRIDE+ VIRTUAL**

A highly immersive cycling experience. Join your virtual instructor as you cycle some of the very best mountain ranges & city streets.

#### **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. A great and accessible introduction to Pilates if you're looking to eventually progress to Reformer Pilates.

#### **PILATES REFORMER**

This class uses the Reformer to add resistance to your Pilates class and take your Mat Pilates and Beginner Reformer knowledge and skills to the next level. Focusing on increasing lower, upper, and core strength, this will help improve posture and stability as well as improve mind-body awareness. If you are new to Reformer, we encourage you to attend at least 10 Beginner-level classes before attending Open Level classes.

#### **PILATES REFORMER BEGINNER**

In this class you will learn the fundamental exercises and the principles of the Reformer 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.

#### **POWERCORE**

This short yet focused session integrates functional movement patterns in a circuit environment. PowerCore will engage not only the abs but the entire core, improving your posture and helping you exercise more efficiently (30 mins).

#### **RPM**

RPM is a 45-minute 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. Hi-Performance: 55 minutes.

#### **SPARTAN STRENGTH**

This 30 minute Performance Zone session comprises of the most important weight training basics utilising barbells and kettlebells where the aim is to increase strength and power. A full body strength training session focusing correct technique, improving joint mobility, stability and core activation.

#### **SPIN**

An outdoor cycle simulation brought indoors away from the elements. A challenging and motivating cardio class that allows you to be in control of your workout by varying the resistance and pushing your fitness to new heights!

#### **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.

#### **THE GAUNTLET**

Rev up your metabolism, torch fat and take your fitness to the next level with this total body station-based workout using metabolic conditioning. This workout is designed using principles of metabolic conditioning: using major muscle groups, set time period of effort and rest, keeping the heart rate up and using peripheral heart rate action to maintain intensity but changing working muscle groups using weights and bodyweight exercises to keep heart rate high and constantly switching up the exercise to keep the body guessing. Class is capped at 30 participants for safety.

#### **TABATA**

Tabata training is a type of HIIT (High Intensity Interval Training) that follows the format: 20 seconds of high intensity rounds, followed by 10 seconds rest. This 30 -minute class will have you gasping for air, getting you fitter faster.

#### **WARRIOR WORKOUT**

This Performance Zone session will challenge and change you by focusing on full body strength and endurance in a circuit environment. This class helps improve total body integrated strength and mobility by incorporating ballistic-natured exercises (30 mins).

#### **YOGA FLOW**

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**

A gentle yoga with more focus on meditation, breathing and holding poses for longer periods of time - a great introduction to yoga.

#### **YOGA POWER FLOW**

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

#### **YOGA SLOW FLOW**

Suitable for all levels, this is a gentle, slow-paced type of practice where postures are generally held for longer yet maintaining continuous flow of poses with slower transitions.

#### **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.

**YOGA TEMPERATURES:** Hot: 37 degrees, Warm: 25-27 degrees.

**MATS:** Mats are provided in the Main and Wellness Studios however members are encouraged to bring their own mats.

**CLASS DURATIONS:** Unless otherwise stated in the above descriptions, morning and lunchtime classes are 45 minutes in duration, and evening classes are 60 minutes in duration (except for Tuesday and Thursday evening Reformer Pilates).

### **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.