



# SUMMER GROUP FITNESS TIMETABLE

## SOUTH PACIFIC HEALTH CLUBS ST KILDA

COMMENCING MONDAY 14TH JANUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	SPIN BEATS PILATES REF (OPEN)	SPIN STRONG HOT YOGA VINYASA HIIT	SPIN STRONG PILATES REF (INT) BODYPUMP 45	YOGA VINYASA HIIT	SPIN BEATS		
6:30am					SPARTAN STRENGTH		
7:15am		PILATES REF (OPEN)			PILATES REF (BEG)		
8:30am				PILATES REF (BEG)		BODYPUMP SPIN STRONG	SPIN STRONG
9:30am	PILATES REF (INT) SPIN STRONG	BODYPUMP MAT PILATES WARRIOR WORKOUT	SPIN STRONG PILATES REF (INT) SPARTAN STRENGTH YIN YOGA	BODYPUMP SPIN BEATS	HOT YOGA VINYASA SPIN BEATS POWERCORE	BODYATTACK SPIN BEATS YOGA VINYASA PILATES REF (INT) WARRIOR WORKOUT	BODYPUMP PILATES REF (INT)
10:30am	MAT PILATES	BARRE		HOT YOGA VINYASA BOXING	PILATES REF (INT)	HOT YOGA VINYASA	YOGA HATHA 90 WARRIOR WORKOUT
11:30am					FELDENKRAIS AQUA	PILATES REF (OPEN) BARRE	
12:30pm	YOGA ASHTANGA ACTIVE ADULTS	YOGA YIN PILATES REF (BEG)	YOGA VINYASA ACTIVE ADULTS	PILATES REF (OPEN) FELDENKRAIS	YOGA HATHA		
2:00pm						YOGA DYNAMIC FLOW	4PM VINYASA YOGA
4:15pm		FELDENKRAIS					
5:00pm	ABS 30						
5:30pm	BODYPUMP PILATES REF (INT)	BODYATTACK SPIN STRONG YOGA YIN PILATES REF (BEG)	BODYPUMP YOGA HATHA PILATES REF (BEG)	HOT YOGA VINYASA WARRIOR WORKOUT	HIIT		
5:45pm		POWERCORE		SPIN STRONG			
6:00pm			OMNIA POWER CIRCUIT	PILATES REF (INT)	YOGA HATHA		
6:15pm					SPIN BEATS		YOGA YIN
6:30pm	SPIN BEATS YOGA YIN PILATES REF (BEG) HIIT	BODYPUMP YOGA ASHTANGA PILATES REF (INT) BOXING	SPIN STRONG BARRE	YOGA YIN BODYATTACK			
6:45pm			WARRIOR WORKOUT				
7:00pm			AQUA		MEDITATION		
8:00pm	HOT YOGA 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 Fitness Manager Gary, Gary@southpacifichc.com.au.



#### **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.

#### **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**

Feldenkrais uses gentle movement and directed attention to help you learn more effective ways of action, from ease of movement to increased cognitive and mental abilities. It helps to increase flexibility, reduces injuries and is complementary to Yoga, Pilates and fitness exercises.

#### **HIIT**

HIIT is a 30 minute high intensity interval training session that is based around functional movement. If you are looking for an exciting team orientated training session that will push you to your limits, then this is for you. Located in the main studio the short sharp demanding exercises will give you a full body workout and increase aerobic capacity and strength.

#### **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 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).

#### **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 - 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.

#### **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.

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### **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.