



	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				
8:15am						PILATES REF	PILATES REF
8:30am	VIRTUAL CYCLE PILATES REF	PILATES REF	VIRTUAL CYCLE	ACTIVE ADULTS	VIRTUAL CYCLE	BODYPUMP BOOTCAMP	SPIN
9:00am		VIRTUAL CYCLE	BODYBALANCE	VIRTUAL CYCLE BODYPUMP	BODYBALANCE		
9:30am	BARRE ACTIVE ADULTS PILATES REF	PILATES REF BOXING BODYPUMP	PILATES REF WORKOUT WARRIOR	PILATES REF YOGA - HOT	BOXING ZUMBA	PILATES REF CXWORX YOGA YIN VIRTUAL CYCLE	PILATES REF BODYATTACK YOGA - VINYASA
10:00am			ZUMBA			ZUMBA	
10:30am	VIRTUAL CYCLE	YOGA - YIN	VIRTUAL CYCLE	VIRTUAL CYCLE	PILATES REF VIRTUAL	PILATES REF	MEDITATION 30
11:00am						VIRTUAL CYCLE	VIRTUAL CYCLE
12:00pm	VIRTUAL CYCLE		VIRTUAL CYCLE		VIRTUAL CYCLE		
1:00pm		VIRTUAL CYCLE		VIRTUAL CYCLE			
4:15pm							YOGA - HOT
4:30pm						VIRTUAL CYCLE	VIRTUAL CYCLE
5:45pm	BODYPUMP	PILATES REF BOXING	VIRTUAL CYCLE PUMP EXP	BODYATTACK 45 PILATES REF			
6:00pm	SPARTAN STRENGTH	SPIN EXP					
6:15pm	YOGA - HOT PILATES REF	YOGA - YIN	CXWORX TRX PILATES REF YOGA - HOT				
6:30pm		WORKOUT WARRIOR BODYATTACK		BODYPUMP BOOTCAMP	VIRTUAL CYCLE		
7:00pm	BOXING VIRTUAL CYCLE	PILATES REF	BARRE	PILATES REF VIRTUAL CYCLE			
7:15pm	MEDITATION 30						
7:30pm	PILATES REF	VIRTUAL CYCLE	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](http://www.southpacifichc.com.au).

#### **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!

#### **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.

#### **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/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 days stress disappear.

#### **CORE**

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.

#### **DANCE**

Dancing is about letting yourself go and just having fun! Our dance teacher Jacinda has over 15 years experience and creates an amazing atmosphere through great music and finding that connection with her students so they can't wait to return the following week. Come join our Monday class and try some moves you never thought you could do. Suitable for all levels and ages.

#### **GRIT STRENGTH.**

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

#### **HIIT**

HIIT (high-intensity interval training), is a training workout suitable for intermediate to advanced fitness levels. It provides a variety of intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. You can burn up to 500 calories in one 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 45 or 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.

#### **PILATES REFORMER INTERMEDIATE**

This 45 or 60 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.

#### **PILATES REFORMER ADVANCED**

If you are experienced at the intermediate level and are now looking for more of a challenge, the 60 minute, advanced classes are designed to deliver a higher level of intensity, at a faster pace.

#### **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.

#### **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!

#### **YOGA VINYASA**

Yoga Vinyasa is an open class that links breath, with postures and movements such as balancing, inversions, back-bends and a floor series. This increases strength, flexibility, and focus while clearing the body of toxins, leaving you feeling calm and centred.

#### **YOGA YIN**

Perfect for stress reduction, Yin aims to re-balance your chakras and harmonise your body, mind and soul. These specific asanas (postures) are designed to target the connective tissues and are held for much longer durations than other styles of Yoga. The meditative nature of the style will bring your focus inward to create ultimate calm whilst eliminating toxicity and removing energy blockages throughout the whole body.

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#### **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.