



# GROUP FITNESS TIMETABLE

## SOUTH PACIFIC HEALTH CLUBS ST KILDA

COMMENCING WEDNESDAY 1ST MAY 2019

|         | MONDAY                                | TUESDAY  | WEDNESDAY   | THURSDAY                            | FRIDAY                                | SATURDAY   | SUNDAY                           |
|---------|---------------------------------------|--|---|-------------------------------------|---------------------------------------|--|----------------------------------|
| 6:15am  | SPIN<br>● PILATES (I > A)             | SPIN<br>HOT YOGA VINYASA<br>HIIT                       | SPIN<br>● PILATES (I > A)<br>BODYPUMP 45                | YOGA VINYASA<br>HIIT                | SPIN                                  |  |                                  |
| 6:30am  | ★ WARRIOR WORKOUT                     |  |   |                                     | SPARTAN STRENGTH                      |  |                                  |
| 7:15am  |                                       | PILATES (I > A)  |   |                                     | PILATES (B > I)                       |  |                                  |
| 8:30am  |                                       |  |   | PILATES (B > I)                     |                                       | BODYPUMP<br>SPIN<br>★ BARRE  | SPIN                             |
| 9:30am  | PILATES (I > A)<br>SPIN               | BODYPUMP<br>MAT PILATES<br>WARRIOR WORKOUT             | SPIN<br>PILATES (I > A)<br>SPARTAN STRENGTH<br>YIN YOGA | BODYPUMP<br>SPIN                    | HOT YOGA VINYASA<br>SPIN<br>POWERCORE | BODYATTACK<br>SPIN<br>YOGA VINYASA<br>PILATES (I > A)<br>WARRIOR WORKOUT | BODYPUMP<br>PILATES (I > A)      |
| 10:30am | MAT PILATES                           | BARRE  |   | HOT YOGA VINYASA<br>● BOXING        | PILATES (I > A)                       | HOT YOGA VINYASA   | YOGA HATHA 90<br>WARRIOR WORKOUT |
| 11:30am |                                       | AQUA   |   |                                     | FELDENKRAIS<br>AQUA                   | PILATES (I > A)  |                                  |
| 12:30pm | YOGA ASHTANGA<br>ACTIVE ADULTS        | YOGA YIN<br>PILATES (B > I)                            | YOGA VINYASA<br>ACTIVE ADULTS                           | PILATES (I > A)<br>FELDENKRAIS      | YOGA HATHA                            | ● YOGA DYNAMIC FLOW  |                                  |
| 2:00pm  |                                       |  |   |                                     |                                       |  | VINYASA YOGA                     |
| 4:00pm  |                                       |  |   |                                     |                                       |  |                                  |
| 4:15pm  |                                       | FELDENKRAIS  |   |                                     |                                       |  |                                  |
| 5:00pm  | ABS 30                                |  |   |                                     |                                       |  |                                  |
| 5:30pm  | BODYPUMP<br>PILATES (I > A)<br>★ SPIN | BODYATTACK<br>SPIN<br>YOGA YIN<br>PILATES (B > I)      | BODYPUMP<br>YOGA HATHA<br>PILATES (B > I)               | HOT YOGA VINYASA<br>WARRIOR WORKOUT | HIIT                                  |  |                                  |
| 5:45pm  |                                       | POWERCORE  |   |                                     |                                       |  |                                  |
| 6:00pm  |                                       |  | OMNIA POWER CIRCUIT                                     | PILATES (I > A)                     | YOGA HATHA                            |  |                                  |
| 6:15pm  |                                       |  |   |                                     |                                       |  | YOGA YIN                         |
| 6:30pm  | SPIN<br>YOGA YIN<br>PILATES (B > I)   | BODYPUMP<br>YOGA ASHTANGA<br>PILATES (I > A)<br>BOXING | SPIN<br>BARRE   | YOGA YIN<br>BODYATTACK              | SPIN                                  |  |                                  |
| 6:45pm  | HIIT                                  |  | WARRIOR WORKOUT   |                                     |                                       |  |                                  |
| 7:00pm  |                                       |  |   |                                     | MEDITATION                            |  |                                  |
| 7:30pm  |                                       |  | AQUA  |                                     |                                       |  |                                  |
| 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.

★ These classes have been modified or added for the current timetable



### ABS 30

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 levels we offer (B > I) is for beginner to intermediate and (I > A) is intermediate to advanced.

### 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

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. All classes can use utilize the Coach By Colour (C By C) Technology for improved 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.