



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	<b>ALTITUDE BURN88</b>		<b>ALTITUDE BURN88</b>	<b>ALTITUDE BURN88</b>	<b>ALTITUDE SOUTHPAW88</b>		
6:15am	SPIN	<b>ALTITUDE CRUZ88</b>	SPIN	YOGA VINYASA	SPIN		
	● PILATES (I > A)	SPIN	● PILATES (I > A)	HIIT			
		HOT YOGA VINYASA	BODYPUMP 45				
		HIIT					
6:30am	WARRIOR WORKOUT				SPARTAN STRENGTH		
7:15am		PILATES (I > A)			PILATES (B > I)		
8:30am				PILATES (B > I)		<b>ALTITUDE BURN88</b>	<b>ALTITUDE SOUTHPAW88</b>
						BODYPUMP	SPIN
						SPIN	
						BARRE	
9:30am	<b>ALTITUDE BURN88</b>	<b>ALTITUDE CRUZ88</b>	SPIN	<b>ALTITUDE BURN88</b>	<b>ALTITUDE SOUTHPAW88</b>	BODYATTACK	BODYPUMP
	PILATES (I > A)	BODYPUMP	PILATES (I > A)	BODYPUMP	HOT YOGA VINYASA	SPIN	PILATES (I > A)
	SPIN	MAT PILATES	SPARTAN STRENGTH	SPIN	SPIN	YOGA VINYASA	
		WARRIOR WORKOUT	YIN YOGA		POWERCORE	PILATES (I > A)	
						WARRIOR WORKOUT	
10:30am	MAT PILATES	BARRE		HOT YOGA VINYASA	PILATES (I > A)	<b>ALTITUDE BURN88</b>	YOGA HATHA 90
				● BOXING		HOT YOGA VINYASA	WARRIOR WORKOUT
11:30am		AQUA			FELDENKRAIS	PILATES (I > A)	
					AQUA		
12:00pm							<b>ALTITUDE SOUTHPAW88</b>
12:30pm	YOGA ASHTANGA	YOGA YIN	YOGA VINYASA	PILATES (I > A)	YOGA HATHA		
	ACTIVE ADULTS	PILATES (B > I)	ACTIVE ADULTS	FELDENKRAIS			
2:00pm						● YOGA DYNAMIC FLOW	
4:00pm							VINYASA YOGA
4:15pm		FELDENKRAIS					
5:00pm	ABS 30						
5:30pm	<b>ALTITUDE BURN88</b>	<b>ALTITUDE BURN88</b>	<b>ALTITUDE SOUTHPAW88</b>	HOT YOGA VINYASA	HIIT		
	BODYPUMP	● BODYATTACK	BODYPUMP	WARRIOR WORKOUT			
	PILATES (I > A)	SPIN	YOGA HATHA				
	SPIN	YOGA YIN	PILATES (B > I)				
		PILATES (B > I)					
5:45pm		POWERCORE					
6:00pm			OMNIA POWER CIRCUIT	<b>ALTITUDE CRUZ88</b>	<b>ALTITUDE BURN88</b>		
				PILATES (I > A)	YOGA HATHA		
6:15pm							YOGA YIN
6:30pm	SPIN	BODYPUMP	SPIN	YOGA YIN	SPIN		
	YOGA YIN	YOGA ASHTANGA	BARRE	● BODYATTACK			
	PILATES (B > I)	PILATES (I > A)					
		BOXING					
6:45pm	HIIT		WARRIOR WORKOUT				
7:00pm		<b>ALTITUDE BURN88</b>	<b>ALTITUDE SOUTHPAW88</b>		MEDITATION		
7:30pm	<b>ALTITUDE BURN88</b>		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.southpacificchc.com.au](http://www.southpacificchc.com.au)

■ Altitude88 sessions are available to those on an Altitude88 Membership. Please enquire with our friendly team via phone on 9525 4888 or email Brett at [brett@southpacificchc.com.au](mailto:brett@southpacificchc.com.au) and start experiencing all the benefits Altitude Training offers.

● 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.





#### **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.

### **ALTITUDE88 SESSION DESCRIPTIONS:**

#### **BURN88**

Providing a fully diverse range of structured, functional, instructor driven classes to challenge the enthusiastic beginner to professional athlete. Be immersed by state-of-the-art equipment and a lighting system that hits you in all the right places. You know it's on when the red lights hit-ya! Altitude provides a new dimension to the classes never experienced before providing you the ability to achieve new heights and goals.

#### **CRUZ88**

These sessions are run in our Cycle studio using the most advanced indoor cycle bike Life Fitness IC7. This bike includes a coach by colour intensity guide, watt rate power meter and connectivity to external devices. With up to 3000m simulated Altitude Training, the cycle sessions will be guided by qualified coaches and will rotate programs to rapidly improve your fitness goals.

#### **SOUTHPAW88**

With our heat fuelled boxing sessions and your favourite tunes through our new sound system, you will learn how to throw punches like a professional and you will be shown how to put together simple combinations that will improve your self confidence, balance, speed and fitness all under Altitude.

We focus on technique and power and these sessions are guaranteed to raise your heart rate and provide a fantastic combination of cardio and strength. Don't be afraid to come on your own, we will always have a partner here for you!

### **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.