

MORNING

AFTERNOON

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODYPUMP 45 SPIN EXP	BODYATTACK 45 PILATES REF (INT-ADV)	CYCLE 45	SPIN EXP PILATES REF (INT-ADV)	BODYPUMP 45 VIRTUAL CYCLE		
6:15am		VIRTUAL CYCLE	BOOTCAMP				
6:30am		HIIT EXPLOSION					
7:00am					HIIT EXPLOSION		
8:15am						PILATES REF (INT-ADV)	PILATES REF (INT-ADV)
8:30am	VIRTUAL CYCLE PILATES REF (OPEN)				VIRTUAL CYCLE	BODYPUMP BOOTCAMP YOGA - HOT	CYCLE 45
9:00am	ACTIVE ADULTS	VIRTUAL CYCLE	BODYBALANCE	VIRTUAL CYCLE ACTIVE ADULTS	BODYBALANCE		
9:15am				BODYPUMP			
9:30am	PILATES REF (OPEN)	PILATES REF (BEG-INT) BODYPUMP KICKBOXING	PILATES REF (INT-ADV) WORKOUT WARRIOR	PILATES REF (OPEN) YOGA - HOT	BOXING	PILATES REF (BEG-INT) ZUMBA VIRTUAL CYCLE DEFINE CORE	PILATES REF (INT-ADV) BODYATTACK YOGA - VINYASA
10:00am			ZUMBA		ZUMBA	YOGA YIN	
10:30am	VIRTUAL CYCLE	YOGA - YIN	VIRTUAL CYCLE	VIRTUAL CYCLE	PILATES REF (OPEN) VIRTUAL	PILATES REF (OPEN)	PILATES REF (OPEN)
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 (INT-ADV) BOXING	VIRTUAL CYCLE DEFINE CORE	PILATES REF (INT-ADV)			
6:00pm	SPARTAN STRENGTH	SPIN EXP		VIRTUAL CYCLE			
6:15pm	YOGA FLOW - HOT 75	YOGA - YIN	TRX	BODYATTACK 60			
6:30pm	PILATES REF (OPEN)	WORKOUT WARRIOR BODYATTACK	PILATES REF (INT-ADV) YOGA - HOT BODYPUMP		VIRTUAL CYCLE		
7:00pm	BOXING VIRTUAL CYCLE	PILATES REF (INT-ADV) VIRTUAL CYCLE	VIRTUAL CYCLE	PILATES REF (BEG-INT) VIRTUAL CYCLE			
7:30pm	PILATES REF (OPEN)		PILATES REF (BEG-INT)				

**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 – 45 MINUTES**

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.

#### **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. EXP: 30 minute class.

#### **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.

#### **BOOTCAMP – 45 MINUTES**

Our unique style of training designed by us, this training session covers a broad range of benefits from cardio training, HIIT (High Intensity Interval Training) training, strength building, shaping and toning, and fat burning. Designed for a team workout, you'll get to know your workout buddies, and build strong connection as you sweat it out together.

#### **BOXING – 45 MINUTES**

Boxing offers a superior cardiovascular workout; burning more calories, building more stamina, developing and toning more muscle than any other form of exercise. Using focus mitts and boxing gloves you will be challenged physically, while learning correct technique and accuracy. Equipment provided, but bringing your own gloves is recommended.

#### **CARDIO HIIT 45**

A high intensity interval training technique in which you give all-out 100% effort through quick intense bursts of exercise followed by short active recovery periods. This type of training keeps your heart rate up and burns more fat/energy in less time.

#### **DEFINE CORE**

A 30minute triple treat workout will tone your Abs, Butt & Thighs. Focusing predominantly on lower body & core strength. This class delivers an intense regime that is designed to yield results. A combination of strength enhancing & muscle toning exercises that target common problem areas. Options available for every fitness level.

#### **EXPRESS CYCLE**

Get ready for the perfect ride combined with High Intensity Interval Training (HIIT). In 30 minutes you will start to get results. The short intense workouts provide improved athletic capacity and condition as well as improved metabolism.

#### **HIIT EXPLOSION**

A 30 minute Explosive high intensity interval training session. Working to 100% max effort. With fast, intense bursts of exercises. This style of training will elevate the heart rate and burn the maximum amount of energy/fat in no time.

#### **KICKBOXING**

This 45 minute class has a martial arts focus, combining the skills of punching, kicking and self defence with specific strength and conditioning exercises which increases your fitness level, core strength and can also reduce body fat. Can also help enhance mental wellbeing by building confidence, discipline and perseverance.

#### **PILATES REF**

In this 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.

#### **SPARTAN STRENGTH – 30 MINUTES**

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.

#### **TRX**

Developed by the US Navy Seals, TRX Suspension training is here. A 30 minute strengthening session uses your own body weight to achieve; muscle tone, improved core strength and increased muscle definition in this quick session. TRX 30 incorporates strength training for entire upper body, lower body and core. The class is strongly advisable for both men and women with at least a medium level of fitness.

#### **WARRIOR WORKOUT – 30 MINUTES**

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 FLOW-HOT**

A Vinyasa flow class practised in a heated room which allows you to increase the range of motion and stretch deeper in each pose. Improves the immune system, great for lymphatic system, supports weight loss, cleanses toxins, detoxes, advances lung capacity all whilst including muscular strength, endurance and flexibility. Followed by 10 minute meditation to restore the body and bring clam to the mind

#### **YOGA – HOT**

Many of our styles of yoga are offered in a 36°C heated room. If you have a medical condition, please consult with your health professional.

#### **YOGA – VINYASA**

Vinyasa Yoga 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 – 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.

#### **ZUMBA**

This is a fun dance class with a party atmosphere, combining Latin, African and Bollywood rhythms. You'll have so much whilst burning calories you won't even know that you are working out.

### **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.