



SOUTH PACIFIC  
HEALTH CLUBS

# GROUP FITNESS TIMETABLE PORT MELBOURNE

COMMENCING MONDAY 13TH - 26TH JANUARY

MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05am	BODYPUMP 45	RPM	BOXING 45	BODYPUMP 45	SPIN STRONG		
6:30am		HIIT STRENGTH					
7:00am			PILATES REF (INT)	PILATES REF (INT)			
8:00am		STRENGTH & BALANCE				PILATES REF (INT)	
9:00am						HIIT 30	HIIT STRENGTH
						RPM	
9:15am	DANCE 45	BODYPUMP	BOXING	BODYPUMP		BODYBALANCE	
9:30am	SPIN BEATS	SPIN STRONG			SPIN BEATS		BODYPUMP
							RPM EXTREME 60
10:15am						BODYPUMP	
10:30am	PILATES REF (INT)		MAT PILATES	PILATES REF (INT)			YOGA VINYASA
10:45am		PILATES REF (INT)					
11:30am						MAT PILATES	PILATES REF (INT)

EVENING

5:45pm	BODYCOMBAT 45	PILATES REF 45 (BEG)	BODYPUMP 45	BODYCOMBAT			
6:00pm	HIIT 30	RPM		HIIT 30			
6:30pm	CORE 30	STUDIO HIIT 45	HIIT 30	SPIN STRONG			
	BODYPUMP 45		PILATES REF (INT)	BODYBALANCE			
7:00pm	BOXING 45		CORE 30				
7:15pm	★BODYBALANCE			YOGA YIN			

Main studio
  Cycle Studio
  Performance Zone

**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 club manager Ebony on [ebony@southpacifichc.com.au](mailto:ebony@southpacifichc.com.au)



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## GROUP FITNESS DESCRIPTIONS

# PORT MELBOURNE

### 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.

### BODYBALANCE

The Yoga, Thai Chi, and Pilates workout that build flexibility and strength leaving you feeling centred and calm.

### BODYCOMBAT

Moves and stances developed from a range of self defence disciplines like karate, boxing and tai kwon do. You're fighting for your life, the fitness you deserve and the total body wellness you must have.

### 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.

### STUDIO 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!

### 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 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 Technology. This class utilizes the Coach By Colour Technology.

### 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.