

MORNING

EVENING

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
6:15am	RPM	BODYPUMP 45	RPM		RPM		
8:15am						BODYPUMP	BODYCOMBAT 45
9:00am							YOGA STRENGTH RPM
9:15am	PILATES REF (BEG) POWER CIRCUIT	POWER CIRCUIT	BODYPUMP 30 RPM	RPM PILATES CARDIO REF	POWER CIRCUIT YOGA STRENGTH	RPM YOGA HATHA	
10:15am		BODYBALANCE					
10:30am			SLOW YOGA				
11:30am				MAT PILATES			
5:45pm	RPM						
6:00pm			PILATES STRENGTH REF		YOGA FLOW		
6:15pm			HIIT 30				
7:00pm	MAT PILATES		BODYPUMP				

### SMALL GROUP PERSONAL TRAINING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	6:15am	6:15am	6:15am	6:15am		
9:15am	9:15am	9:15am	9:15am	9:15am	9:15am	
6:45pm	6:45pm	6:45pm	6:45pm			

SGPT Sessions run for 45 minutes. Timetable is subject to change.  
SGPT classes are a paid extra, please see reception or contact your Fitness Manager Zach for more details. description on the back

**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 Group Fitness Manager Zach, [zach@southpacifichc.com.au](mailto:zach@southpacifichc.com.au).

#### **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.

#### **BODYCOMBAT**

A high energy martial-inspired workout. You'll punch and kick your way to superior fitness and strength. Non-contact and there are no complex moves to master. You'll be challenged to up the intensity and motivated to make the most of every round. You'll release stress, have a blast and feel like a champ.

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

#### **COTA**

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!

#### **LES MILLS TONE**

If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout. The mix of functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels.

#### **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.

#### **CXWORX – 30 MINUTES**

Provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do—it's the glue that holds everything together. All moves in CXWORX have options, so it's challenging but achievable for your own level of fitness.

#### **CARDIO COMBO**

Cardiovascular conditioning combined with strength training. The best way to burn calories while maintaining lean body mass. You can achieve your fitness goals by boosting metabolism and improving the health of your heart and lungs. EXP: 30 minute class.

#### **DYNAMIC YOGA**

Learn to build a strong foundation with a dynamic yoga practice designed to increase mobility and strength. Suitable for all levels, this moving meditation works to align and balance both the body and mind.

#### **FREESTYLE STEP**

A great cardiovascular workout—stepping up, down and all around your step. Easy to follow combinations. STEP IT UP! Beginner and Open classes available. EXP: 30 minute class.

#### **HIIT 30**

H.I.I.T stand for High Intensity Interval Training. Movements are big involving every muscle working together, and intervals are short (less than a minute) so you can give max effort. Suitable for all fitness levels as you work at your own max effort during the intervals. With short, sharp, explosive efforts that boost metabolic rate helping you burn fat faster & improve muscle tone you'll find our HIIT classes super effective. 30 min class.

#### **SMALL GROUP PERSONAL TRAINING:**

- With 15 small group personal training sessions a week. This is our results based service that covers everything you need, strength training, HIIT, bootcamps, circuits, core training, foam rolling & stretching + more!
- Sessions are 45 minutes, with a maximum of 12 people per session so that you get close support, guidance, motivation and accountability from a personal trainer.
- Regular progress check ins (measurements & fitness testing) with a trainer.
- Easy to use online booking system.

#### **INDOOR BOOTCAMP**

Bootcamp style workout but indoors. Combining functional training, agility, and body weight circuit training. Expect full body training pushing your body to its functional limits. 45 min 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 55 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 ALL**

This pilates class is designed for a beyond beginner participant. This class offers a more flowing type of workout that will help you build strength and stamina.

#### **PILATES REFORMER CARDIO**

This class is suitable if you have a regular pilates practice and have an intermediate to advanced level of fitness. The class covers combining cardio intervals to your to get your heart pumping all while you are strengthening , improving flexibility and balance.

#### **PILATES REFORMER STRENGTH**

This class is suitable if you have a regular pilates practice and have an intermediate to advanced level of fitness and looking to increase muscle strength, cardio fitness and core strength.

#### **POWER CIRCUIT**

More than the boring circuit class you may know. We incorporate power ropes, slosh balls, weights and more to bring you a more dynamic high intensity workout. This is a tough session designed for those looking for a challenge. This class is strongly recommended for both men and women and all levels of fitness.

#### **RPM – 45 MINUTES**

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. RPM Hi-Performance: 60 minutes.

#### **YOGA FLOW**

Yoga Flow is an open class that links yoga poses to breath and music. The sequencing produces strength, flexibility, balance and focus, releasing your stresses and detoxifying your body, mind and spirit.

#### **YOGA HATHA**

A great introduction to Yoga. This a gentle type of Yoga. Focusing on meditation, breathing and holding the poses for longer periods of time.

#### **YOGA STRENGTH**

Strength Yoga is an all levels class that uses poses to help you build strength and muscle tone using just your own body weight. This class allows you to hold poses for a longer period of time to help build your strength and stamina. You will feel the results from this class after just one session.

#### **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 re-energises and calms your nervous system. The perfect way to release the tension and stress from the day.

#### **ZUMBA**

The Zumba program—Makes fitness fun with Latin dance rhythms and a blend of classic songs, easy-to-follow moves will create a fun experience.

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.