



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	5:45am				SPIN STRONG		
	6:05am	BODYPUMP 45	RPM	BOXING 45	BODYPUMP 45		
				RPM			
	6:30am		HIIT 30				
	7:00am			PILATES REF (INT)	PILATES REF 45 (BEG)		
	8:00am		STRENGTH & BALANCE			PILATES REF (INT)	
	8:30am						RPM EXTREME 60
							HIIT 30
	9:00am						HIIT 30
						RPM	
	9:15am	DANCE 45	BODYPUMP	BOXING	BODYPUMP		
	9:30am	SPIN BEATS	SPIN STRONG			SPIN BEATS	BODYPUMP
	10:00am						
	10:15am					BODYPUMP	
	10:30am	PILATES REF (INT)		MAT PILATES 45	PILATES REF (INT)		YOGA VINYASA
	10:45am		PILATES REF (INT)				
11:30am						MAT PILATES	PILATES REF (INT)
<b>EVENING</b>	5:45pm	BODYCOMBAT 45	PILATES REF 45 (BEG)	BODYPUMP 45	BODYCOMBAT	PILATES REF (INT)	
	6:00pm	HIIT 30	RPM		HIIT 30		
	6:30pm	CORE 30	HIIT 45	HIIT 30	SPIN STRONG		
		BODYPUMP 45		PILATES REF (INT)	BODYBALANCE		
	7:00pm			CORE 30			
	7:15pm				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 black dots on our Timetable. These black dot classes have been black 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 Amanda at [amandal@southpacifichc.com.au](mailto:amandal@southpacifichc.com.au)

#### **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.

#### **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.

#### **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 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.

#### **STRENGTH AND BALANCE**

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!

#### **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.