







GROUP FITNESS PROGRAMS DESCRIPTIONS

Group Fitness classes are a motivating and productive part of your club membership. We offer a large variety of fitness classes and we encourage our members to cross train by trying as many different classes as possible. Please remember that 'It's your workout' so exercise at your own pace and never try to keep up with a class that's too advanced or your present fitness capacity. You should always work at a comfortable but invigorating level and never feel distressed or over worked. Drink bottles and towels are compulsory in all cycle classes.

All Re-Creation clubs are owner/operator businesses...and you will notice the difference!
We are interested in your FITNESS ... not just your finance!

Studio One

	Dance Fitness in a whole new way! Everyone can easily learn the numbered choreography steps that will unlock the energy and passion of the Latino styles. Smile, dance and sing your way through your workout, while also achieving great fitness results!
	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.
	BODYATTACK® 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.
	BODYCOMBAT® is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai.
Step	A fantastic cardio and leg workout using steps and varied movements that is safe and easy to follow.
	Dance your way to fitness with the ever popular Zumba. Experience Zumba at its best with Melbourne's top instructors making every class a party.
Boxing	Using a variety of contact boxing equipment such as bags, speedballs as well as skipping ropes, kettlebells, medicine balls, bikes, weights. Two minute rounds 'ding ding' - great stress buster workout.
Stack It (45 mins)	"An intense full body workout using weights and bodyweight exercises in intervals of 30 secs, stacking the exercises as we go. An intermediate to advanced class that's popular for both men and women". Warning: contains burpees!
FIT45 / FIT55 (45 mins)	Is a fun and varied Functional Training class, which uses circuit and rep style formulas. A motivating workout with battle rope, kettlebells, block benches, dumbbells and variety of body weight training and lots more.
 Cardio (25 Mins)	Focus T25 Cardio is 25 minutes of pure intensity and 100% focus. No REST! These fast-paced workouts are jam packed with dynamic, high-intensity moves designed for maximum efficiency and effectiveness. Every minute counts!
SWEAT CLUB	This class is all about reliving the days of stepping into a club and "letting loose" to some awesome tunes and sweating it out on the dance floor. The Cardio moves are very basic and caters to all types of fitness levels. You can dance like no-one's watching because the lights are out, lasers are on and you can follow Dagogo on the "Podium".

Mind Body Studio

Vinyasa Yoga	Various Yoga styles including Iyenga, Ashtanga and Hatha will be offered and are specific to the particular Yoga instructor. All Yoga teachers are trained and experienced and are of studio standard.
YIN Yoga	Yin Yoga stresses and stretches our connective tissues by holding postures and stretches for 3-5 mins. It is a great entry to a meditation practice and is the perfect antidote to the more "yang" activity we often practice in the gym.
Barre Fit	Classes use a standard Ballet Barre together with light hand weights and rubberised tubing to create a fantastic workout that can lengthen, strengthen and improve posture. Class variations include Barrefit, Pilates Barre, Cardio Barre, stretch Barre and Strength Barre.
Barre HIIT	Barre is a challenging workout, fusing ballet, dance and Pilates principles into one class and making use of the Ballet Barres. This class will help you improve flexibility and core strength as well as toning and lengthening your muscles. This class also incorporates High Intensity Interval Training.
Pilates Mat	Well known body conditioning system of centering the body, releasing strain and strengthening core muscles. Correct breathing techniques are essential. Suitable for beginners.
Essential Core	A 45 minutes of pure abs with complementing back strengthening exercises - fantastic for firming and flattening the abs.
Meditation	Meditation is a program to de-stress your mind. The class features of 20 minutes of guided meditation followed by 10 minutes of deep relaxation set with vibration music and interchanging mood lighting system to completely transform your mental state.

Spin Studio

Spin (45 mins)	Indoor cycling class, suitable for all fitness levels. This is a non weight bearing class with interval style workouts, with the ability of controlling your own workload.
Virtual Spin	RPM Virtual: Push yourself and ride to the rhythm of powerful music. RPM® is the indoor cycling workout where you discover your athlete within. Take on the terrain with a virtual coach (on screen) who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Revolution: A non pre-choreographed spin class, instructed by 3 professional cyclists.

Reformer Studio

Pilates Reformer	A full body workout using spring loaded resistance on the Pilates Reformer Beds. Tone your entire body while improving flexibility, posture and alignment. Lengthens and strengthens muscles without building bulk. Adjustable resistance allows for all levels of ability. NOTE: Grip socks MUST be worn at all times
Challenge Pilates Reformer	For the more advanced participants. Minimum of 10 Pilates Reformer classes before moving up to the Challenge level.

Synrgy Training

FIT Circuit	Enjoy exercising in a small group with a Personal Trainer on the amazing Synrgy 360 is the perfect way to have fun and get results.
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Dec 17 / Jan 18



South Melbourne Central - Level 1/111 Cecil Street, South Melbourne 3205 PH: 8102 5200
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www.recreationhealthclubs.com.au

Like us on facebook..... facebook.com/recsthmelb

Re-Creation is open for you 24/7 (fob tag required)
Staffed Hours

MON to THURS 6.00am - 9.00pm
FRIDAY 6.00am - 5.30pm
SAT & SUN 8.00am - 5.30pm

Crèche Hours

MON & TUE 8.45am - 12 noon
WED 8.30am - 12 noon
THURS & FRI 8.45am - 12 noon
SAT 8.00am - 11.30am

AUSTRALIA DAY
Friday 26th January



Club hours: 8am - 12 noon
Crèche: closed

Classes:

9am Spin30 - Kathryn
9.30am Fit Circuit - Nick
9.30am Yoga - Sasha
10.30am Reformer - Mary

Crèche Closing dates over Xmas / New Year period

Please note that the crèche will be **CLOSED**
Saturday 23rd December 2017 and re-opens on Monday 8th January 2018.
Also **CLOSED Saturday 27th January 2018**



Timetable Changes

NEW CLASS
Monday 5.30pm Sweat Club with Dagogo
Tuesday 6.15pm Boxing with Nick
Thursday 7.30pm Sweat Club with Dagogo
Saturday 8.30am Reformer with Mary
Saturday 10.15am Boxing with Iggy
TIME / INSTRUCTOR CHANGES
Tuesday 7.15pm Body Pump moves to 7pm
Wednesday 6pm Reformer is now with Mary
Saturday 9.30am Reformer moves to 9.45am with Mary
Saturday 11.30am Zumba moves to 11.15am with Laura
RED FLAGGED CLASSES
Support these classes & boost the numbers to keep them on the timetable
Monday 7.30pm Baila
Wednesday 6pm Barre HIIT
CANCELLED CLASSES
Monday 5.30pm Body Attack
Tuesday 6.15pm Body Combat
Saturday 10.15am Body Combat

You can now SUSPEND your membership ONLINE!
AVAILABLE FROM MID DECEMBER

No more hassle remembering to suspend your membership at the club or via email when you are away on holidays or unwell. Simply access our new **Club Member Portal** and you can place your own membership on **suspension**. Still \$10 to suspend (minimum of 2 weeks and maximum of 4 months).

If you have trouble setting up your log in, simply see us at reception and we can help you to register your password and activate the portal for you.



Holiday Season Class Schedule & Club Staffed Hours

Download the Re-Creation class App now which will be updated daily.

Please refer daily to the timetable and staffed hours over the holiday season as there are many changes. All days & classes are listed on the Xmas / New Year flyer & will be available to view on the Re-Creation iPhone App / Android.

Join us on Instagram
[recreationsthmelb](https://www.instagram.com/recreationsthmelb)



Get the FREE Re-Creation App
FOR ALL CLASS DETAILS & TIMES





Re-Creation South Melbourne Dec 17/Jan 18 Timetable



STUDIO ONE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.30am	FIT 45 (45 mins) Karla H	LES MILLS BODYPUMP (50 mins) Bridget	FIT 45 (45 mins) Rich T		LES MILLS BODYPUMP (50 mins) Kylie		
7.05am				T25 Cardio (25 mins) Bridget			
8.15am						FIT 55 Libby	Step (45 mins) Bridget
9.00am							LES MILLS BODYPUMP Hannah / Bianca
9.15am						LES MILLS BODYPUMP Bridget	
9.30am	LES MILLS BODYPUMP Manuel	FIT 55 Nick	ZUMBA Laura H	LES MILLS BODYPUMP Bridget	Baila Sarah		
10.15am						Boxing (45 Mins) Iggy	
11.15am						ZUMBA Laura H	
12.15pm					T25 Cardio (25 mins) Bridget		
12.30pm	LES MILLS BODYPUMP (50 mins) Kylie	FIT 45 (45 mins) Nick	T25 Cardio (25 mins) Nick	FIT 45 (45 mins) Nick			
12.45pm					LES MILLS BODYPUMP (50 mins) Bridget		
4.00pm							LES MILLS BODYPUMP Julie
5.30pm	SWEAT CLUB Dagogo	Stack It (45 mins) Nick	LES MILLS BODYPUMP Yo	Step Bridget	NEW CLASSES Sweat Club 6.15pm Mondays Boxing 6.15pm Tuesdays Boxing 10.15am Saturdays		
6.15pm		Boxing (45 Mins) Nick					
6.30pm	LES MILLS BODYPUMP Richard S			LES MILLS BODYPUMP Bridget			
6.45pm			FIT 45 (45 mins) Karla H				
7.00pm		LES MILLS BODYPUMP Bridget					
7.30pm	Baila Sarah		Boxing (45 Mins) Nick	SWEAT CLUB Dagogo			

MIND BODY

	MON	TUES	WED	THUR	FRI	SAT	SUN
6.30am				Vinyasa Yoga Larisa			
8.30am						Barre Fit Melinda	
9.30am		Barre Fit Mary			Yoga Sasha	Mat Pilates Alberta / Carla J	
10.00am							Vinyasa Yoga Nathan (75 Mins)
10.30am	YIN Yoga Nathan	Mat Pilates Christine	Vinyasa Yoga Jodie	Mat Pilates Mary		Vinyasa Flow Yoga Nathan	
12.30pm	Vinyasa Yoga (60 mins) Yvonne	Express Power Yoga (45 mins) Dean	Mat Pilates (45 mins) Jo				
5.30pm	Mat Pilates Jo	Essential Core (45 mins) Bridget		Mat Pilates Shiloh			
6.00pm			Barre HIIT Shiloh				
6.30pm	Vinyasa Yoga Ben S	Vinyasa Yoga Ben S		Vinyasa Yoga Yvonne			
7.00pm			Yoga Valentina				
7.30pm	Meditation Ben S (30 mins)						

FIT CIRCUIT TRAINING - SYNERGY MACHINE

	MON	TUES	WED	THUR	FRI	SAT	SUN
6.30am		FIT CIRCUIT (60 mins) Nick			FIT CIRCUIT (60 mins) Nick		
9.30am				FIT CIRCUIT (60 mins) Nick	FIT CIRCUIT (60 mins) Nick		

REFORMER PILATES STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
8.30am			Pilates Reformer Mary			Pilates Reformer Mary	CHALLENGE Pilates Reformer Mary
9.30am	CHALLENGE Pilates Reformer Mary			Pilates Reformer Shiloh			
9.45am			CHALLENGE Pilates Reformer Mary			Pilates Reformer Mary	Pilates Reformer Mary
10.30am					Pilates Reformer Mary		
12.30pm		Pilates Reformer Bridget		Pilates Reformer Beth			
5.30pm	Express Pilates Reformer (50 mins) Jo M						
5.45pm		Pilates Reformer Jo					
6.00pm			Pilates Reformer Mary				
6.30pm	Pilates Reformer Mary						

*** Pilates Reformer Bed (extra cost)**
1 session for \$5 or 10 sessions for \$30

SPIN Please Note: *ALL SPIN classes go for 45 minutes

	MON	TUES	WED	THUR	FRI	SAT	SUN
5.00am	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin		
6.15am	Spin Kathryn	Spin James		Spin Bridget			
6.30am			Spin Jodie				
7.00am						VIRTUAL Spin	VIRTUAL Spin
7.15am	VIRTUAL Spin	VIRTUAL Spin		VIRTUAL Spin	VIRTUAL Spin		
8.15am						Spin Bridget	
9.00am					Spin (30 mins) Kathryn		
9.15am		VIRTUAL Spin		VIRTUAL Spin			VIRTUAL Spin
9.30am	Spin Kathryn		Spin Kathryn			Spin Tim / Libby	
10.30am	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin		VIRTUAL Spin
12.15pm	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin
4.15pm	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin
5.30pm					VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin
5.45pm	Spin Melisa		Spin Bridget	Spin Tim			
6.15pm		Spin Tim					
7.00pm					VIRTUAL Spin		
7.30pm		VIRTUAL Spin		VIRTUAL Spin			
8.00pm	VIRTUAL Spin		VIRTUAL Spin				