

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.



	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.
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.
	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!
MIX - HIP HOP	Straight from the Mecca in Los Angeles, this energetic class is inspired by commercial dance. Lose yourself in the music HITS and iconic throwbacks while learning the most current GROOVES from LA's dance scene. This is what CARDIO should feel like! Suitable for all fitness levels.

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 minute class 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 (30 mins)	Indoor cycling class at a 30 minute duration. Get your cardio done in 30 minutes flat.
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.

Synergy Training

FIT Circuit	Enjoy exercising in a small group with a Personal Trainer on the amazing Synergy 360 is the perfect way to have fun and get results.
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NOVEMBER UPDATE



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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 & WED 8.30am - 12pm
TUES, THURS & FRI 8.45am - 12pm
SAT 8.00am - 11.30am

CUP DAY Tuesday 6th November



Club hours: 8am - 12 noon
Crèche: closed

Classes:
9.30am Fit55 - Nick
9.30am Barre Fit - Mary
9.30am Pilates Reformer - Christine
10.30am Mat Pilates - Christine

The Crèche will be CLOSED over the Cup Day long weekend

Please note that the crèche will be **CLOSED on:**

Saturday 3rd, Monday 5th Tuesday 6th



The crèche hours will be back to normal on Wednesday 7th November.

Timetable Changes

NEW CLASS

N/A
TIME / INSTRUCTOR CHANGES

Monday 9.30am Reformer is now with Anna
Wednesday 6pm Reformer is now with Jo A
Friday 9.30am Yoga is now with Melissa P commencing 9th Nov

RED FLAGGED CLASSES

Support these classes & boost the numbers to keep them on the timetable

Monday 7.30pm Meditation
Tuesday 12.30pm Power Yoga
Wednesday 6.15am Spin
Wednesday 6pm Barre HIIT
Saturday 9am Barre Fit
Saturday 11am Meditation

CANCELLED CLASSES

N/A

GRIPPY SOCKS - Pilates Reformer Classes



Please make sure you purchase a pair of GRIPPY SOCKS from reception for only \$3.50 to use whilst participating in our Pilates Reformer classes due to hygiene reasons.
Thank you

GYM ETIQUETTE

We have noticed a lack of courtesy shown towards other gym patrons.

- It is **REQUIRED** that you have a **SWEAT TOWEL** on you at **ALL** times.
- Please put your **WEIGHTS AWAY** after **USE**.

Be mindful of others with the use of **MOBILE PHONES** in the gym



CLASS OF THE MONTH FOR NOVEMBER

"Mondays 7.30pm with Ben and Saturdays 11am with Nathan MEDITATION"

*Bring friends and family along for **FREE** this month!



Join us on Instagram
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Get the **FREE** Re-Creation App
FOR ALL CLASS DETAILS & TIMES





Re-Creation South Melbourne November Timetable



STUDIO ONE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.30am	FIT 45 Daniel (45 mins)	LES MILLS BODYPUMP Bridget (50 mins)	FIT 45 Rafa (45 mins)		LES MILLS BODYPUMP Tomas (50 mins)		
7.05am				T25 Cardio (25 mins) Bridget			
8.15am						FIT 55 Libby / Daniel	
9.00am						LES MILLS BODYPUMP Claire	
9.15am						LES MILLS BODYPUMP Bridget	
9.30am	LES MILLS BODYPUMP Kylie	FIT 55 Nick	ZUMBA Laura H	LES MILLS BODYPUMP Bridget	Baila Sarah		
10.00am						Step Bridget	
10.15am						Essential Core Bridget (45 mins)	
11.15am						ZUMBA Laura H	
12.15pm					T25 Cardio (25 mins) Bridget		
12.30pm	LES MILLS BODYPUMP (50 mins) Tim B	FIT 45 Nick (45 mins)	T25 Cardio (25 mins) Nick	FIT 45 Nick (45 mins)			
12.45pm					LES MILLS BODYPUMP Bridget (50 mins)		
4.00pm						LES MILLS BODYPUMP Julie	
5.30pm	THE MIX - HIP HOP Linda	Stack It Nick (45 mins)	LES MILLS BODYPUMP Tim P	Step Bridget			
6.15pm		Boxing Nick (45 Mins)					
6.30pm	LES MILLS BODYPUMP Kable			LES MILLS BODYPUMP Bridget			
6.45pm			FIT 45 Spencer (45 mins)				
7.00pm		LES MILLS BODYPUMP Bridget					
7.30pm	Baila Sarah		Boxing Nick (45 Mins)				

MIND BODY

	MON	TUES	WED	THUR	FRI	SAT	SUN
6.15am				Vinyasa Yoga Larisa			
9.00am						Barre Fit Melinda / Sarah	
9.30am		Barre Fit Mary			Yoga Melissa P		
10.00am						Vinyasa Flow Yoga Nathan	Vinyasa Yoga Nathan (75 Mins)
10.30am	YIN Yoga Nathan	Mat Pilates Christine	Vinyasa Yoga Valentina	Mat Pilates Mary			
11.00am						Meditation Nathan (30 mins)	
12.30pm	Vinyasa Yoga Yvonne (60 mins)	Express Power Yoga Dean (45 mins)	Mat Pilates Jo A (45 mins)	YIN Yoga Yvonne			
5.30pm	Mat Pilates Jo	Essential Core Bridget (45 mins)		Mat Pilates Jo A (45 minutes)			
6.00pm			Barre HIIT Linda				
6.30pm	Vinyasa Yoga Ben S	Vinyasa Yoga Ben S		Vinyasa Yoga Yvonne			
7.00pm			Yoga Valentina				
7.30pm	Meditation Ben S (30 mins)	BRING A FRIEND FOR FREE IN OCTOBER					

SUPPORT RED FLAGGED CLASSES

Monday 7.30pm Meditation
 Tuesday 12.30pm Power Yoga
 Wednesday 6pm Barre HIIT
 Saturday 9am Barre Fit
 Saturday 11am Meditation

FIT CIRCUIT TRAINING - SYNERGY MACHINE

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

REFORMER PILATES STUDIO - All classes are 60 minutes unless stipulated

	MON	TUES	WED	THUR	FRI	SAT	SUN
8.30am			Pilates Reformer Mary			CHALLENGE Pilates Reformer Mary (50 minutes)	Pilates Reformer Mary
9.30am	Pilates Reformer Anna	Pilates Reformer Lauren		Pilates Reformer Lauren		Pilates Reformer Mary (50 minutes)	
9.45am			CHALLENGE Pilates Reformer Mary				Pilates Reformer Mary
10.30am					Pilates Reformer Mary	Pilates Reformer Mary	
12.30pm		Pilates Reformer (45 minutes) Bridget		Pilates Reformer (45 minutes) Beth			
5.30pm	Pilates Reformer (50 minutes) Mary						
5.45pm		Pilates Reformer Jo					
6.00pm			Pilates Reformer Jo A				
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 Zoe	Spin James	Spin Daniel	Spin Bridget			
7.00am						VIRTUAL Spin	VIRTUAL Spin
7.15am	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin	VIRTUAL Spin		
8.15am						Spin Bridget	
9.00am					Spin (30 mins) Kirsty		
9.15am		VIRTUAL Spin		VIRTUAL Spin			VIRTUAL Spin
9.30am	Spin Jess		Spin Melisa			Spin Tim / Jess	
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				

*Have you tried a Virtual Spin yet?