

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.



Studio One

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| | 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! |
| 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

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| 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

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| 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

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| 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. |

Syngy Training

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



South Melbourne Central - Level 1/111 Cecil Street, South Melbourne 3205 PH: 8102 5200

Fax: 9645 0273 www.recreationsouthmelbourne.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

FINALLY..... MEMBERSHIP SUSPENSION is now available ONLINE.

Already left for your holiday? Unwell and can't make it to the club? The power is in your hands. Simply access our new **CLUB MEMBER PORTAL** on <http://recreationsouthmelbourne.com.au/> (top right hand corner) and place your membership on suspension.



- \$10 Flat Fee For Suspension
- Minimum of 2 Weeks
- Maximum of 4 months

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

Timetable Changes

NEW CLASS N/A

TIME / INSTRUCTOR CHANGES

Monday 6.15am FIT45 is now with Daniel
Monday 5.30pm Reformer is now with Shiloh
Wednesday 6.45pm FIT45 is now with Spencer
Saturday 8.15am FIT55 is now with Libby / Daniel
Saturday 9.30am Spin is now with Tim P / Jess

RED FLAGGED CLASSES

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

Tuesday 12.30pm Power Yoga
Wednesday 6pm Barre HIIT
Thursday 9.30am Reformer
Thursday 5.30pm Mat Pilates
Thursday 7.30pm Sweat Club

CANCELLED CLASSES N/A

Anzac Day

Wednesday 25th April

Club staffed hours: 8am - 12pm

Crèche: Closed

9.30am ZUMBA - Laura
9.30am Spin - Kathryn
9.45am Reformer - Mary
10.30am Yoga - Jodie

This month it's our 10th birthday!

To celebrate our 10th birthday for the month of April, we would like to offer all members.....

- 10 X FREE Reformer classes when you purchase a 10 pack
- 10 X FREE visits for 10 friends
- 10 X FREE Salt Room visits for you and your friend



"NEW TO THE REC GROUP FITNESS TEAM"

We would like to welcome 4 new instructors to our Instructor team.

Kable Cole - Pump on Mondays at 6.30pm

Spencer Marumaru - FIT45 on Wednesdays at 6.45pm

Lauren Grosvenor - Reformer on Thursdays at 9.30am

Daniel Noonan - FIT45 on Mondays at 6.30am and FIT55 every alternate Saturday at 8.15am

Join us on Instagram
recreationsthmelb



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





Re-Creation South Melbourne April 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 Rich T (45 mins) | | LES MILLS BODYPUMP Kylie (50 mins) | | |
| 7.05am | | | | T25 Cardio (25 mins) Bridget | | | |
| 8.15am | | | | | | FIT 55 Libby / Daniel | Step Stephen / Aiste (45 mins) |
| 9.00am | | | | | | | LES MILLS BODYPUMP Hannah / 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 | | |
| 10.15am | | | | | | 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 | SWEAT CLUB Dagogo | Stack It Nick (45 mins) | LES MILLS BODYPUMP Tim P | Step Bridget | SUPPORT RED FLAGGED CLASSES Tuesday 12.00pm Power Yoga Wednesday 6.00pm Barre HIIT Thursday 9.30am Reformer Thursday 5.30pm Mat Pilates Thursday 7.30pm SWEAT CLUB | | |
| 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) | SWEAT CLUB Dagogo | | | |

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

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|---------|---|-----------------------------|---------------------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| 8.30am | Pilates Reformer Shiloh | | Pilates Reformer Mary | | | Pilates Reformer Mary | |
| 8.45am | | | | | | | Pilates Reformer Mary |
| 9.30am | | | | Pilates Reformer Lauren | | | |
| 9.45am | CHALLENGE Pilates Reformer Mary | | CHALLENGE Pilates Reformer Mary | | | Pilates Reformer Mary | |
| 10.00am | | | | | | | Pilates Reformer Mary |
| 10.30am | | | | | Pilates Reformer Mary | | |
| 12.30pm | | Pilates Reformer Bridget | | Pilates Reformer Beth | | | |
| 5.30pm | Express Pilates Reformer (50 minutes) Shiloh | | | | | | |
| 5.45pm | | Pilates Reformer Jo | | | | | |
| 6.00pm | | | Pilates Reformer Shiloh | | | | |
| 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

MIND BODY

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|---------|----------------------------------|--------------------------------------|-------------------------------|----------------------------------|---------------|-----------------------------------|----------------------------------|
| 6.30am | | | | Vinyasa Yoga Larisa | | | |
| 8.30am | | | | | | Barre Fit Melinda / Shiloh | |
| 9.30am | | Barre Fit Mary | | | Yoga Sasha | Mat Pilates Catriona / 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 Yvonne (60 mins) | Express Power Yoga Dean (45 mins) | Mat Pilates Jo A (45 mins) | | | | |
| 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) | | | | | | |

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|---------|-----------------|---------------|-----------------|-----------------|---------------------------|--------------------|--------------|
| 5.00am | VIRTUAL Spin | VIRTUAL Spin | VIRTUAL Spin | VIRTUAL Spin | VIRTUAL Spin | | |
| 6.15am | Spin Emma C | 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 / 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 | | | | |