

# 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.
<b>Step</b>	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.
<b>Boxing</b>	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.
<b>Stack It (45 mins)</b>	"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!
<b>FIT45 / FIT55 (45 mins)</b>	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!
<b>MIX - HIP HOP</b>	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.
<b>Mind Body Studio</b>	
<b>Vinyasa Yoga</b>	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.
<b>YIN Yoga</b>	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.
<b>Barre Fit</b>	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.
<b>Barre HIIT</b>	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.
<b>Pilates Mat</b>	Well known body conditioning system of centering the body, releasing strain and strengthening core muscles. Correct breathing techniques are essential. Suitable for beginners.
<b>Essential Core</b>	A 45 minute class of pure abs with complementing back strengthening exercises – fantastic for firming and flattening the abs.
<b>Meditation</b>	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.
<b>Spin Studio</b>	
<b>Spin (45 mins)</b>	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.
<b>Virtual Spin</b>	<b>RPM Virtual:</b> 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. <b>Revolution:</b> A non pre-choreographed spin class, instructed by 3 professional cyclists.
<b>Reformer Studio</b>	
<b>Pilates Reformer</b>	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. <b>NOTE: Grip socks MUST be worn at all times</b>
<b>Challenge Pilates Reformer</b>	For the more advanced participants. Minimum of 10 Pilates Reformer classes before moving up to the Challenge level.
<b>Syngy Training</b>	
<b>FIT Circuit</b>	Enjoy exercising in a small group with a Personal Trainer on the amazing <b>Syngy 360</b> is the perfect way to have fun and get results.



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**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

## PROTEIN CUP CAKES

- INGREDIENTS**
- \* 4 Egg Whites
  - \* 100gm Natural Yoghurt
  - \* ½ Tin Butter Beans
  - \* 3Tlbs Chia Seeds
  - \* 1½ tsp Baking Powder
  - \* 4 scoops Protein Powder



Combine egg whites and yoghurt into a bowl. Stir in the protein powder and baking powder, then fold in the beans and chia seeds. Spoon mixture into pre-prepared cup cake papers in a muffin tray. Cook in moderate oven (180c) for 20-25 mins or until golden brown (don't overcook them or they'll bounce off the wall). ENJOY!

## MEMBERSHIP SUSPENSION is 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.

## CLASS OF THE MONTH FOR AUGUST

"Thursdays 6.15am Yoga with Larisa"

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



## 2 HOUR SPIN CLASS

Join the talented Kathryn on a 2 hour Spin journey  
**Sunday 26th August**  
**9.30am - 11.30am**

\* There will be a bongo player to help pass the time!



Join us on Instagram  
[recreationsthmelb](https://recreationsthmelb)



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





# Re-Creation South Melbourne August Timetable



## STUDIO ONE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.30am	FIT 45 Daniel (45 mins)	<b>LES MILLS BODYPUMP</b> Bridget (50 mins)	FIT 45 Rich T (45 mins)		<b>LES MILLS BODYPUMP</b> Tomas (50 mins)		
7.05am				<b>T25</b> Cardio (25 mins) Bridget			
8.15am						FIT 55 Libby / Daniel	Step Stephen / Aiste (45 mins)
9.00am							<b>LES MILLS BODYPUMP</b> Hannah / Claire
9.15am						<b>LES MILLS BODYPUMP</b> Bridget	
9.30am	<b>LES MILLS BODYPUMP</b> Kylie	FIT 55 Nick	<b>ZUMBA</b> Laura H	<b>LES MILLS BODYPUMP</b> Bridget	<b>Baila</b> Sarah		
10.15am						Essential Core Bridget (45 mins)	
11.15am					<b>ZUMBA</b> Laura H		
12.15pm					<b>T25</b> Cardio (25 mins) Bridget		
12.30pm	<b>LES MILLS BODYPUMP</b> (50 mins) Tim B	FIT 45 Nick (45 mins)	<b>T25</b> Cardio (25 mins) Nick	FIT 45 Nick (45 mins)			
12.45pm					<b>LES MILLS BODYPUMP</b> Bridget (50 mins)		
4.00pm							<b>LES MILLS BODYPUMP</b> Julie
5.30pm	THE MIX - HIP HOP Linda	Stack It Nick (45 mins)	<b>LES MILLS BODYPUMP</b> Tim P	Step Bridget	<b>Last month of Winter! Spring body and wellness is ONLY days away...</b>		
6.15pm		Boxing Nick (45 Mins)					
6.30pm	<b>LES MILLS BODYPUMP</b> Kable			<b>LES MILLS BODYPUMP</b> Bridget			
6.45pm			FIT 45 Mary (45 mins)				
7.00pm		<b>LES MILLS BODYPUMP</b> Bridget					
7.30pm	<b>Baila</b> Sarah		Boxing Nick (45 Mins)				

## MIND BODY

	MON	TUES	WED	THUR	FRI	SAT	SUN
6.15am				Vinyassa Yoga Larisa BRING A FRIEND FOR FREE IN AUGUST			
9.00am						Barre Fit Melinda / Lisa	
9.30am		Barre Fit Mary			Yoga Sasha		
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	<b>SUPPORT RED FLAGGED CLASSES</b> Wednesday 6pm Barre HIIT Thursday 6.15am Yoga		
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)						

## 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 Shiloh		Pilates Reformer Mary			Pilates Reformer Mary	CHALLENGE Pilates Reformer (50 minutes) Mary
9.30am		Pilates Reformer Lauren		Pilates Reformer Lauren			Pilates Reformer (50 minutes) Mary
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				<b>* Pilates Reformer Bed (extra cost) 1 session for \$5 or 10 sessions for \$30</b>		
5.45pm		Pilates Reformer Jo					
6.00pm			Pilates Reformer Shiloh				
6.30pm	Pilates Reformer Mary						

## 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) 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				<b>* 2 HOUR SPIN CLASS Sunday 26th August 9.30am - 11.30am with Kathryn</b>	
7.00pm				VIRTUAL Spin			
7.30pm		VIRTUAL Spin		VIRTUAL Spin			
8.00pm	VIRTUAL Spin		VIRTUAL Spin				