



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am		SPARTAN STRENGTH	WARRIOR WORKOUT	WARRIOR WORKOUT	SPARTAN STRENGTH		
9:30am		WARRIOR WORKOUT	SPARTAN STRENGTH		POWERCORE	WARRIOR WORKOUT	
10:30am						WARRIOR WORKOUT	WARRIOR WORKOUT
12:30pm	ACTIVE ADULTS		ACTIVE ADULTS				
5:45pm	WARRIOR WORKOUT	POWERCORE					
6:00pm			OMNIA POWER CIRCUIT	WARRIOR WORKOUT			
6:30pm		BOXING	BLT				
6:45pm	SPARTAN STRENGTH						

PERFORMANCE ZONE CLASS DESCRIPTIONS

ACTIVE ADULTS - 45 Minutes

Incorporating mobility, strength, flexibility, cardio, all mixed in with a good dose of fun & 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!

BLT - 45 Minutes

No, this is not a sandwich! This class will tone, shape and burn calories for toned legs, a firmer bum and tighter tum. This class is the ultimate toning session for your lower body, by focusing on key elements from Pilates, Yoga, and functional strength training to create muscles that look leaner, firmer and more toned.

BOXING/KICKBOXING - 45 Minutes

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 & kick free-standing punch bags, to let your days stress disappear.

OMNIA™ POWER CIRCUIT - 30 Minutes

Utilising the latest and greatest in functional training equipment, the OMNIA™ apparatus provides a perfect introduction into the world of functional training. Innovative and challenging movements on set circuit stations around the OMNIA™ provide a challenging workout, which is both enjoyable and rewarding.

POWERCORE - 45 Minutes

Powercore will challenge and develop your core in ways you never thought possible. Integrating functional full body movement patterns in a circuit environment, this will take your core to a whole new level. Utilising Kettlebells, TRX, powerbands, aqua bags amongst others, Powercore will engage those abs and improve your posture!

SPARTAN STRENGTH - 45 Minutes

Not for the faint hearted, this class will challenge and push you to the absolute limit. Using functional strength training, a full on, full body strength & endurance workout.

WARRIOR WORKOUT - 45 Minutes

This class will challenge and change you by focusing on full body strength & endurance, in a circuit environment. This class requires total body integrated strength, mobility, skill and due to the ballistic nature of some of the movements—will leave you gasping for air.

NEW PARTICIPANTS, INJURIES, PREGNANCY?

If you are a new participant, have injuries, pregnant or other special concerns, please arrive 5 mins early and advise your Instructor before class commences. They can make variations for your specific needs.

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

- You will notice that we've placed some orange dots on our Timetable. These orange dot classes have been orange 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 Personal Training Manager Jimmy on jimmy@southpacifichc.com.au

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