

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am	BODYPUMP 45	BOXING	HOT SLOW FLOW YOGA	GRIT STRENGTH	GRIT CARDIO		
	REFORMER PILATES	RPM	REFORMER PILATES	MYRIDE+ VIRTUAL	RPM		
	SPRINT	BARRE	MYRIDE+ VIRTUAL	BODYBALANCE			
8:00am			WARRIOR WORKOUT		SPARTAN STRENGTH		
9:00am						MYRIDE+ VIRTUAL	
10:15am						BODYPUMP	
11:40am	TABATA	POWERCORE					
12:15pm	BODYATTACK EXPRESS	BODYPUMP 45	CIRCUIT	BODYPUMP 45	CIRCUIT	MYRIDE+ VIRTUAL	MYRIDE+ VIRTUAL
	REFORMER PILATES	MAT PILATES	REFORMER PILATES	MAT PILATES	PILATES REF (BEG)		
	RPM	RPM	BARRE	REFORMER PILATES			
	MAT PILATES		MYRIDE+ VIRTUAL				
1:05pm	REFORMER PILATES	REFORMER PILATES	SPIN	REFORMER PILATES	REFORMER PILATES	MYRIDE+ VIRTUAL	MYRIDE+ VIRTUAL
		BODYBALANCE 45	REFORMER PILATES	HATHA YOGA	WARM HATHA YOGA		
1:10pm	CORE + STRETCH	CIRCUIT	GRIT STRENGTH	BOXING	CORE + STRETCH		
	WARM YIN YOGA			SPRINT			
	SPRINT						
1:30pm	SPARTAN STRENGTH						
5:00pm		CORE		CORE			
5:30pm	BODYATTACK 45	SPRINT	RPM	BODYPUMP	REFORMER PILATES		
			HI-PERFORMANCE				
	RPM	REFORMER PILATES	BODYATTACK	BARRE	MYRIDE+ VIRTUAL		
	POWER YOGA	BODYPUMP	MAT PILATES	REFORMER PILATES			
		HOT FLOW YOGA		MYRIDE+ VIRTUAL			
6:15pm				PILATES REF (BEG)			
6:30pm	REFORMER PILATES	MYRIDE+ VIRTUAL	YIN YOGA	MYRIDE+ VIRTUAL			
	BODYPUMP		MYRIDE+ VIRTUAL	BOXING			
	MYRIDE+ VIRTUAL						

PLEASE NOTE: Classes will start on time as scheduled. Please allow plenty of time prior to class start time to secure and set up equipment. For safety, no entry after warmup.

For the most up to date class times and instructors, please visit www.southpacifichc.com.au

Not all exercise programs are suitable for everyone. If you are new to exercise or pregnant, have any injuries or musculoskeletal issues please consult your physician before participating in any exercise program. The member assumes all risk of injury in attending, and the use of the equipment for the above group fitness classes. South Pacific Health Clubs and its Group Fitness Instructors are not responsible for any personal injury, property loss or death which may occur in South Pacific Health Clubs' Group Fitness classes.

South Pacific Health Clubs City
CBW Building, 550 Bourke St, Melbourne
P: 9604 0900



BARRE

Combining Pilates principles and ballet techniques, this low-impact workout targets major muscle groups to elongate, strengthen and tone your muscles, resulting in a sculpted physique and improved posture. No dance background needed.

BODYATTACK

A sports inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

BODYBALANCE

Breathing control and a range of movements and motion set to music that will improve your mind, body and life. Bending and stretching through safe and simple yoga moves, a BODYBALANCE class blends elements of Yoga, Tai Chi and Pilates to strengthen your entire body.

BODYPUMP

A weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles.

BOXING

Offers a whole body cardiovascular workout; burning calories, stamina and toning muscle. Using focus mitts and boxing gloves, you will be challenged physically while learning correct technique and accuracy. BYO gloves encouraged.

CORE + STRETCH

A 30 or 45 minute workout designed to target more than just your abs. This session utilises muscles from the back, glutes, abs and obliques to improve core strength, definition and posture. 45 minute format includes a 15 minute stretch component to release fascia.

CYCLE: COACH BY COLOUR

A challenging and motivating cycle class that allows you to see your performance before your eyes. The Coach By Colour training system connects you to your workout by displaying the work you are generating using colours, maximising your training experience and reach your goals faster. A FTW (Functional Threshold Watt-rate) test is recommended for a more accurate and personalised Coach by Colour training experience. FTW tests are held every Monday at 11:40am.

CIRCUIT

A cross-training workout where aerobic, weight-lifting, and resistance exercises are performed at work stations, creating a fun and challenging workout.

GRIT CARDIO

A 30 minute High Intensity Interval Training (HIIT) workout that features explosive movements using body weight designed to burn fat and rapidly improve athletic capability.

GRIT STRENGTH

A 30 minute High Intensity Interval Training (HIIT) workout that takes you into overdrive. The short, sharp demanding exercises combine weightlifting and bodyweight exercises for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.

MEDITATION

Escape the stress and busyness of everyday life. Using simple and practical techniques to train the mind and consciousness to reduce stress, improve focus, think clearly and sleep better.

MYRIDE+ VIRTUAL

A highly immersive cycling experience. Join your virtual instructor as you cycle some of the very best mountain ranges and city streets.

PILATES (MAT)

Long lean muscles and a strong core are the main benefits from this class. Challenging and strengthening the upper body and the midsection, with little impact to the joints. A great and accessible introduction to Pilates if you're looking to eventually progress to Reformer Pilates.

PILATES REFORMER BEGINNER

In this class you will learn the fundamental exercises and the principles of the Reformer Pilates method. The exercises will be broken down as they are taught; ensuring you learn proper technique and the slightly smooth pace will give you confidence to execute the movements safely. This type of class is suitable for people new to Pilates and also to those with experience but are looking to brush up on their technique.

PILATES REFORMER INTERMEDIATE

This class level builds on the fundamental skills learned from the beginner class; here you will learn more complex exercises that will deepen your understanding of Pilates and movement. The pace is faster and offers a more flowing type of workout that will help you build strength and stamina. Those wanting to join this class will need to have done at least 10 Beginner-level classes or have approval from the Pilates teacher in charge of the class.

PILATES REFORMER ADVANCED

If you are experienced at the intermediate level and are now looking for more of a challenge, these advanced classes are designed to deliver a higher level of intensity, at a faster pace. Those wanting to join this class will need to have done at least 10 Intermediate-level classes or have approval from the Pilates teacher in charge of the class.

POWERCORE

This short yet focused session integrates functional movement patterns in a circuit environment, PowerCore will engage not only the abs but the entire core, improving your posture and helping you exercise more efficiently (30 mins).

RPM

RPM is a 45-minute indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit. Based on the sport of cycle racing, RPM uses a series of simulated climbs and sprints to create a workout where you control the intensity. Hi-Performance: 55 minutes.

SANDBELLS CIRCUIT & HIIT

You will have fun in these 30 to 45 minute classes by throwing, catching, lifting, slamming and dragging sandbells to increase your heart rate, build strength and burn major calories.

SPARTAN STRENGTH

This 30 minute Performance Zone session comprises of the most important weight training basics utilising barbells and kettlebells where the aim is to increase strength and power. A full body strength training session focusing correct technique, improving joint mobility, stability and core activation.

SPIN

An outdoor cycle simulation brought indoors away from the elements. A challenging and motivating cardio class that allows you to be in control of your workout by varying the resistance and pushing your fitness to new heights!

SPRINT

A 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve rapid results with minimum joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout.

TABATA

Tabata training is a type of HIIT (High Intensity Interval Training) that follows the format: 20 seconds of high intensity rounds, followed by 10 seconds rest. This 30 -minute class will have you gasping for air, getting you fitter faster.

WARRIOR WORKOUT

This Performance Zone session will challenge and change you by focusing on full body strength and endurance in a circuit environment. This class helps improve total body integrated strength and mobility by incorporating ballistic-natured exercises (30 mins).

YOGA FLOW

This dynamic Vinyasa-style class synchronises movement and breath in a continuous flow of poses. A challenging way to improve your yoga practice helping to achieve balance and strength.

YOGA HATHA

A gentle yoga with more focus on meditation, breathing and holding poses for longer periods of time—a great introduction to yoga.

YOGA POWER FLOW

A dynamic open class that links breath with postures and movement such as balancing, inversions, backbends and a floor series. This class increases strength, flexibility and focus whilst clearing the body of toxins, leaving you feeling calm and centred.

YOGA SLOW FLOW

Suitable for all levels, this is a gentle, slow-paced type of practice where postures are generally held for longer yet maintaining continuous flow of poses with slower transitions.

YOGA YIN

The essence of Yin Yoga is to surrender, bringing balance to your practice and your life. A strong focus on using the breath and grounding postures to lengthen fascia tissues surrounding the hips, spine, chest, and shoulders. It re-energises and calms your nervous system. The perfect way to release the tension and stress from the day.

YOGA TEMPERATURES: Hot: 37 degrees, Warm: 25–27 degrees

MATS: Mats are provided in the Main and Wellness Studios however members are encouraged to bring their own mats.

CLASS DURATIONS: Unless otherwise stated in the above descriptions, morning and lunchtime classes are 45 minutes in duration, and evening classes are 60 minutes in duration (except for Tuesday and Thursday evening Reformer Pilates).

NEW PARTICIPANTS, INJURIES, PREGNANCY?

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