



SUMMER GROUP FITNESS TIMETABLE

SOUTH PACIFIC HEALTH CLUBS PORT MELBOURNE

COMMENCING MONDAY 15TH JANUARY 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05am	BODYPUMP 45 SPIN	SPIN	BOXING 45	BODYPUMP 45 SPIN	GRIT STRENGTH SPIN		
7:00am			PILATES REF (INT)	PILATES REF (ADV)			
8:00am						PILATES REF (INT)	PILATES REF (INT)
9:00am						BODYATTACK HIIT	GRIT STRENGTH
9:15am	ZUMBA	BODYPUMP	BOXING	BODYPUMP		SPIN	
9:30am	SPIN	SPIN		SPIN	SPIN		BODYPUMP SPIN EXTREME
10:15am						BODYPUMP	
10:30am	PILATES REF (INT)			PILATES REF (INT)	YOGA YIN		YOGA VINYASA
10:45am		PILATES REF (BEG)					
11:30am						MAT PILATES	
5:45pm	BODYPUMP 45	PILATES REF (BEG)	GRIT STRENGTH	SPIN	PILATES REF (INT)		
6:00pm				TABATA 30			
6:15pm		SPIN					
6:30pm	HIIT 30 CXWORX SPIN	HIIT 30 BODYATTACK	HIIT 30 SPIN	TRX			
7:00pm	BOXING 45		CORE 30	YOGA YIN			
7:15pm			PILATES REF (INT)				
8:00pm	PILATES REF (INT)						

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 Group Fitness Manager Kable, kable@southpacifichc.com.au.

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SOUTH PACIFIC
HEALTH CLUBS

SOUTH PACIFIC HEALTH CLUBS PORT MELBOURNE

GROUP FITNESS CLASS DESCRIPTIONS

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.

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.

BODY TONE

BODY TONE is South Pacific's own full body strengthening and toning class. Through the combination of medium to low impact movements you will work muscles you never new existed, as well as sculpt a long, lean, flexible, and athletic body.

BOXING/KICK BOXING

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

CXWORX

Provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do—it's the glue that holds everything together. All moves in CXWORX have options, so it's challenging but achievable for your own level of fitness.

FLOOR BARRE

As the name suggests, this class will stretch, strengthen & tone your muscles. Helping you to achieve a stronger core, more flexible & tones muscles of the body. Suitable for all fitness levels (60 mins).

GRIT STRENGTH

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

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. Suitable for first timers and advanced participants.

PILATES REFORMER BEGINNER

In this 45 or 60 minute class you will learn the fundamental exercises and the principles of the 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 45 or 60 minute class 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 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, the 60 minute, advanced classes are designed to deliver a higher level of intensity, at a faster pace.

RPM

RPM is an 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—it's literally easier than riding a bike for 45 minutes.

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!

TRX

Developed by the US Navy Seals, TRX Suspension training is here. A 30 minute strengthening session uses your own body weight to achieve; muscle tone, improved core strength and increased muscle definition in this quick session. TRX 30 incorporates strength training for entire upper body, lower body and core. The class is strongly advisable for both men and women with at least a medium level of fitness.

YOGA HATHA

This is a more gentle type of Yoga. With more focus on meditation, breathing and holding the poses for longer periods of time. A great introduction to Yoga.

YOGA VINYASA

Yoga Vinyasa is an open class that links breath, with postures and movements such as balancing, inversions, back-bends and a floor series. This increases strength, flexibility, and focus while clearing the body of toxins, leaving you feeling calm and centred.

YOGA YIN

Perfect for stress reduction, Yin aims to re-balance your chakras and harmonise your body, mind and soul. These specific asanas (postures) are designed to target the connective tissues and are held for much longer durations than other styles of Yoga. The meditative nature of the style will bring your focus inward to create ultimate calm whilst eliminating toxicity and removing energy blockages throughout the whole body.

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.