



**SUMMER GROUP FITNESS TIMETABLE**  
**SOUTH PACIFIC HEALTH CLUBS MENTONE**  
COMMENCING MONDAY 15<sup>TH</sup> JANUARY 2018

|         | MONDAY                                | TUESDAY                                | WEDNESDAY                                       | THURSDAY                                      | FRIDAY                                       | SATURDAY                                 | SUNDAY                       |
|---------|---------------------------------------|--|---|---|--|--|------------------------------|
| 6:00am  | BODYPUMP 45<br>VIRTUAL CYCLE          | BODYATTACK 45<br>PILATES REF           | SPRINT<br>MAT PILATES                           | SPIN<br>PILATES REF                           | BODYPUMP 45<br>VIRTUAL CYCLE                 |  |                              |
| 6:15am  |                                       | VIRTUAL CYCLE                          | BOOTCAMP  |   |  |  |                              |
| 8:30am  | VIRTUAL CYCLE<br>PILATES REF          |  | VIRTUAL CYCLE                                   | ACTIVE ADULTS                                 | VIRTUAL CYCLE                                | BODYPUMP<br>BOOTCAMP<br>PILATES REF      | SPIN                         |
| 9:00am  |                                       | VIRTUAL CYCLE                          |   | VIRTUAL CYCLE                                 | BODYBALANCE                                  |  | PILATES REF                  |
| 9:30am  | BARRE<br>ACTIVE ADULTS<br>PILATES REF | BODYPUMP<br>PILATES REF<br>BOXING      | PILATES REF<br>SH'BAM<br>BODYBALANCE<br>WARRIOR | PILATES REF<br>YOGA - HOT<br>BODYPUMP         | BODYCOMBAT<br>BOXING                         | RPM<br>PILATES REF<br>CXWORX<br>YOGA YIN |                              |
| 10:00am |                                       |  |   |   |  | BODYCOMBAT 45                            | YOGA - VINYASA<br>BODYATTACK |
| 10:30am | VIRTUAL CYCLE                         | PILATES REF<br>TAI CHI                 | VIRTUAL CYCLE                                   | VIRTUAL CYCLE                                 | VIRTUAL CYCLE<br>YOGA - HATHA<br>PILATES REF |  |                              |
| 10:45am |                                       |  |   |   |  | SH'BAM                                   |                              |
| 11:00am |                                       |  |   |   |  | VIRTUAL CYCLE                            | VIRTUAL CYCLE                |
| 12:00pm | VIRTUAL CYCLE                         |  | VIRTUAL CYCLE                                   |   | VIRTUAL CYCLE                                |  |                              |
| 1:00pm  |                                       | VIRTUAL CYCLE                          |   | VIRTUAL CYCLE                                 |  |  |                              |
| 4:30pm  |                                       |  |   |   |  | VIRTUAL CYCLE                            | YOGA - HOT<br>VIRTUAL CYCLE  |
| 5:45pm  | BODYPUMP 45                           | PILATES REF<br>BOXING<br>VIRTUAL CYCLE | VIRTUAL CYCLE<br>GRIT STRENGTH                  | VIRTUAL CYCLE<br>PILATES REF<br>BODYATTACK 45 |  |  |                              |
| 6:00pm  | SPARTAN STRENGTH                      |  |   |   |  |  |                              |
| 6:15pm  | YOGA - HOT                            | YOGA - HATHA                           | TRX   | YOGA - HOT                                    |  |  |                              |
| 6:30pm  | PILATES REF<br>BODYCOMBAT             | WARRIOR<br>GRIT STRENGTH               | PILATES REF<br>BODYSTEP<br>BODYBALANCE          | BODYPUMP 45                                   | VIRTUAL CYCLE<br>BARRE                       |  |                              |
| 6:45pm  | RPM                                   |  | SPIN  |   |  |  |                              |
| 7:00pm  | BOXING                                | PILATES REF<br>SPRINT                  |   | PILATES REF<br>VIRTUAL CYCLE                  |  |  |                              |
| 7:15pm  |                                       | MAT PILATES                            |   | CXWORX  |  |  |                              |
| 7:30pm  | VIRTUAL CYCLE<br>PILATES REF          |  | PILATES REF<br>BARRE                            |   |  |  |                              |

**PLEASE NOTE:** Please arrive 5 minutes before class begins. For safety, no entry after warm up.

\*Subject to change on availability. For the most up to date class times and instructors, please visit [www.southpacifichc.com.au](http://www.southpacifichc.com.au).



## **SOUTH PACIFIC HEALTH CLUBS MENTONE**

### GROUP FITNESS CLASS DESCRIPTIONS

#### **ACTIVE ADULTS – 45 MINUTES**

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

#### **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. EXP: 30 minute class.

#### **BODYCOMBAT**

A high energy martial-inspired workout. You'll punch and kick your way to superior fitness and strength. Non-contact and there are no complex moves to master. You'll be challenged to up the intensity and motivated to make the most of every round. You'll release stress, have a blast and feel like a champ. EXP: 30 minute class.

#### **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.

#### **BOOTCAMP – 45 MINUTES**

Our unique style of training designed by us, this training session covers a broad range of benefits from cardio training, HIIT (High Intensity Interval Training) training, strength building, shaping and toning, and fat burning. Designed for a team workout, you'll get to know your workout buddies, and build strong connection as you sweat it out together.

#### **BOXING – 45 MINUTES**

Boxing offers a superior cardiovascular workout; burning more calories, building more stamina, developing and toning more muscle than any other form of exercise. Using focus mitts and boxing gloves you will be challenged physically, while learning correct technique and accuracy. Equipment provided, but bringing your own gloves is recommended.

#### **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.

#### **GRIT STRENGTH**

GRIT STRENGTH is a 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super fast. The short sharp demanding exercises combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.

#### **PILATES REF**

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.

#### **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. RPM Hi-Performance: 60 minutes.

#### **SH'BAM**

A fun-loving, insanely addictive dance workout. SH'BAM is an ego-free zone—no dance experience required. Just bring a playful attitude, an open mind and a cheeky smile. Your instructor will guide you through simple (yet sassy) dance moves, all set to a party playlist. EXP: 30 minute class.

#### **SPARTAN STRENGTH – 30 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 and endurance workout.

#### **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.

#### **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.

#### **WARRIOR WORKOUT – 30 MINUTES**

This class will challenge and change you by focusing on full body strength and 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.

#### **YOGA – HATHA**

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

#### **YOGA – HOT**

Many of our styles of yoga are offered in a heated setting (temperatures ranging from 25–38 degrees). If you have a medical condition, please consult with your health professional.

#### **YOGA – VINYASA**

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

#### **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 reenergises and calms your nervous system. The perfect way to release the tension and stress from the day.

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#### **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.