

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.



Studio One

	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.
Step	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.
Boxing	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.
Stack It (45 mins)	"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!
FIT45 / FIT55 (45 mins)	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.
 T25 Cardio (25 Mins)	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!
SWEAT CLUB	This class is all about reliving the days of stepping into a club and "letting loose" to some awesome tunes and sweating it out on the dance floor. The Cardio moves are very basic and caters to all types of fitness levels. You can dance like no-one's watching because the lights are out, lasers are on and you can follow Dagogo on the "Podium".

Mind Body Studio

Vinyasa Yoga	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.
YIN Yoga	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.
Barre Fit	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.
Barre HIIT	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.
Pilates Mat	Well known body conditioning system of centering the body, releasing strain and strengthening core muscles. Correct breathing techniques are essential. Suitable for beginners.
Essential Core	A 45 minute class of pure abs with complementing back strengthening exercises – fantastic for firming and flattening the abs.
Meditation	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.

Spin Studio

Spin (45 mins)	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.
Virtual Spin	RPM Virtual: 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. Revolution: A non pre-choreographed spin class, instructed by 3 professional cyclists.

Reformer Studio

Pilates Reformer	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. NOTE: Grip socks MUST be worn at all times
Challenge Pilates Reformer	For the more advanced participants. Minimum of 10 Pilates Reformer classes before moving up to the Challenge level.

Syngy Training

FIT Circuit	Enjoy exercising in a small group with a Personal Trainer on the amazing Syngy 360 is the perfect way to have fun and get results.
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Metafit (extra cost \$5 per class)	Metafit is a group exercise class combining traditional bodyweight exercises with the latest HIIT training techniques to set the metabolism on fire! To burn fat you need to change the resting metabolism and work big muscle groups with simple unchoreographed, high intensity intervals, challenging the body to deliver quick results! Anyone can do it - it's a matter of working to YOUR maximum potential and feel the burn!
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Get the FREE Re-Creation App
FOR ALL CLASS DETAILS & TIMES



FEBRUARY UPDATE



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www.recreationhealthclubs.com.au

Like us on facebook..... [facebook.com/recsthmelb](https://www.facebook.com/recsthmelb)

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 & TUE 8.45am - 12 noon
WED 8.30am - 12 noon
THURS & FRI 8.45am - 12 noon
SAT 8.00am - 11.30am

SALT ROOM

Have you tried the Salt Room yet?

If you're feeling zapped from the heat and needing a re-charge give the Salt Room a visit. This will refresh your batteries and have you feeling as good as new!



NEW - METAFIT with Emma Cook



The 30 minute TOTAL BODY workout that sets the metabolism ON FIRE!

Just \$5 per session
7:10AM Monday
7:30PM Tuesday
9:00AM Friday

Burn Fat in your sleep with Metafit™

Book with Emma Cook (PT) on 0401 780 751

Timetable Changes

NEW CLASS

Monday 8.30am Pilates Reformer with Shiloh
Saturday 10.15am Essential Core with Bridget

TIME / INSTRUCTOR CHANGES

Monday 6.15am Spin is now with Emma Cook
Monday 9.30am Pump is now with Kylie
Monday 12.30pm Pump is now with Tim Barzinski
Monday 9.30am Challenge Reformer has moved to 9.45am with Mary
Wednesday 6pm Barre HIIT is now with Linda
Thursday 9.30am Pilates Reformer is now with Lauren
Sunday 8.15am Step is now with Robyn / Aiste

RED FLAGGED CLASSES

Support these classes & boost the numbers to keep them on the timetable

Monday 7.30pm Baila
Thursday 12.30pm Reformer
Saturday 8.30am Barre Fit

CANCELLED CLASSES

Saturday 10.15am Boxing

Would you like to join the team at Rec?

So you already have an interest in health & fitness... Have you ever thought about becoming part of the team here at Re-Creation South Melbourne? We're looking for 2-3 new casuals to join our reception team. We won't lie, it's sometimes a fast paced environment but that's because our members and



newcomers are eager to get in, have fun & get fit! If you or someone you know is interested then please send your resume and cover letter to reception@recreationsouthmelbourne.com.au by Thursday 15th February 2018.

YOGA DANCE

DANCE between formless and form, whilst moving meditation..
MASTER CLASS

with Shiva

Thursday 8th February at 9:30am





Re-Creation South Melbourne February Timetable



STUDIO ONE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.30am	FIT 45 Karla H (45 mins)	LES MILLS BODYPUMP Bridget (50 mins)	FIT 45 Rich T (45 mins)		LES MILLS BODYPUMP Kylie (50 mins)		
7.05am				T25 Cardio (25 mins) Bridget			
8.15am						FIT 55 Libby / Karla H	Step Robyn / Aiste (45 mins)
9.00am					Metafit Emma (extra charge \$5 per class)		LES MILLS BODYPUMP Hannah / Claire
9.15am						LES MILLS BODYPUMP Bridget	
9.30am	LES MILLS BODYPUMP Kylie	FIT 55 Nick	ZUMBA Laura H	LES MILLS BODYPUMP Bridget	Baila Sarah		
10.15am						Essential Core Bridget (45 mins)	
11.15am						ZUMBA Laura H	
12.15pm					T25 Cardio (25 mins) Bridget		
12.30pm	LES MILLS BODYPUMP (50 mins) Tim B	FIT 45 Nick (45 mins)	T25 Cardio (25 mins) Nick	FIT 45 Nick (45 mins)			
12.45pm					LES MILLS BODYPUMP Bridget (50 mins)		
4.00pm							LES MILLS BODYPUMP Julie
5.30pm	SWEAT CLUB Dagogo	Stack It Nick (45 mins)	LES MILLS BODYPUMP Tim P	Step Bridget	SUPPORT RED FLAGGED CLASSES Monday 7.30pm Baila Thursday 12.30pm Reformer Saturday 8.30am Barre Fit		
6.15pm		Boxing Nick (45 Mins)					
6.30pm	LES MILLS BODYPUMP Richard S			LES MILLS BODYPUMP Bridget			
6.45pm			FIT 45 Karla H (45 mins)				
7.00pm		LES MILLS BODYPUMP Bridget					
7.30pm	Baila Sarah		Boxing Nick (45 Mins)	SWEAT CLUB Dagogo			

MIND BODY

	MON	TUES	WED	THUR	FRI	SAT	SUN
6.30am				Vinyasa Yoga Larisa			
7.10am	Metafit Emma (extra charge \$5 per class)						
8.30am						Barre Fit Melinda / Shiloh	
9.30am		Barre Fit Mary			Yoga Sasha	Mat Pilates Catriona / Carla J	
10.00am							Vinyasa Yoga Nathan (75 Mins)
10.30am	YIN Yoga Nathan	Mat Pilates Christine	Vinyasa Yoga Jodie	Mat Pilates Mary		Vinyasa Flow Yoga Nathan	
12.30pm	Vinyasa Yoga Yvonne (60 mins)	Express Power Yoga Dean (45 mins)	Mat Pilates Jo A (45 mins)				
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)	Metafit Emma (extra charge \$5 per class)					

NEW - METAFIT with Emma
\$5 per class
 7.10am Mondays
 7.30pm Tuesdays
 9am Fridays

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

	MON	TUES	WED	THUR	FRI	SAT	SUN
8.30am	Pilates Reformer Shiloh		Pilates Reformer Mary			Pilates Reformer Mary	CHALLENGE Pilates Reformer Mary
9.30am				Pilates Reformer Lauren			
9.45am	CHALLENGE Pilates Reformer Mary		CHALLENGE Pilates Reformer Mary			Pilates Reformer Mary	Pilates Reformer Mary
10.30am					Pilates Reformer Mary		
12.30pm		Pilates Reformer Bridget		Pilates Reformer Beth			
5.30pm	Express Pilates Reformer Jo M (50 mins) 				* Pilates Reformer Bed (extra cost) 1 session for \$5 or 10 sessions for \$30		
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 Emma C	Spin James		Spin Bridget			
6.30am			Spin Jodie				
7.00am						VIRTUAL Spin	VIRTUAL Spin
7.15am	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 / Libby	
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					
7.00pm					VIRTUAL Spin		
7.30pm		VIRTUAL Spin		VIRTUAL Spin			
8.00pm	VIRTUAL Spin		VIRTUAL Spin				