

**RECREATION IS 24/7
OUR STAFFED HOURS**

MON	6:00am	8:30pm
TUES	6:00am	8:30pm
WED	6:00am	8:30pm
THUR	6:00am	8:30pm
FRI	8:00am	7:30pm
SAT	8:00am	5:00pm
SUN	8:00am	5:00pm



GROUP FITNESS TimeTable

JUNE 2019

COMMIT TO BE FIT!

GROUP DYNAMIC ZONE							
	MON	TUE	WED	THUR	FRI	SAT	SUN
5.50am		BODYCOMBAT® 45 OLIVIA	BODYPUMP® 45 BARBARA	BODYATTACK® 45 DOUG			
8.30am		STEP PETA		STEP MARIETTA		BODYCOMBAT® MEHRAN	BODYATTACK® DOUG
9.30am	TONE MERNELLI	KONGA NICKY	BODYPUMP® VIV	GYMSTICK™ MARIETTA	BODYPUMP® VIV	BODYPUMP® SAV	HI LO / STEP ANDREW
10.30am	ZUMBA® YALEIKA		PERFECT CORE MARIETTA	STRONG™ YALEIKA	BODYCOMBAT® SASA	STEP ANDREW	ZUMBA® ANTONINA
11.30am							TAI CHI MASTER LI WONG
5.30pm	BODYCOMBAT® CRAIG	THT EMMA					
6.00pm			ZUMBA® JANINA		ZUMBA® JANINA		
6.30pm	ZUMBA® ESTHER	BODYATTACK® EMMA		BODYPUMP® SALLY			
7.00pm			BODYCOMBAT® SASA				
7.30pm	BODYPUMP® SAV	ZUMBA® ESTHER		KONGA NICKY			

MIND BODY & SPIRIT							
6.00am	PILATES IRA						
8.30am			PILATES IRA		PILATES BEVERLEE		YOGA HATHA 75min HELENA
9.00am							
9.30am	PILATES TERRI	YOGA ASHTANGA NANDINI	TAI CHI MASTER LI WONG	YOGA VINYASA NANDINI	PILATES BEVERLEE	YOGA HATHA MICHAEL	
10.30am		PILATES IRA	YOGA DYNAMIC AMANDA	PILATES JENNY	YOGA RESTORATIVE BEVERLEE	YOGA FUNCTIONAL AMANDA	
5.30pm							YOGA FUNCTIONAL AMANDA
6.00pm		YOGA VINYASA BEVERLEE		YOGA FUNCTIONAL AMANDA		NEW CLASS	
6.30pm	PILATES BEVERLEE		YOGA HATHA PEARL		YOGA HATHA HELENA		
7.30pm	YOGA FOUNDATION BEVERLEE	PILATES JANELLE	YOGA VINYASA 75min PEARL	YOGA RELAX ANGE			

GROUP CYCLE & TEAM BEATS TRAINING							
5.50am	GROUP CYCLE RANDALL		GROUP CYCLE JAMES		GROUP CYCLE RANDALL		
6.00am		TEAM BEATS PURE POWER MAX		TEAM BEATS SURVIVAL MERNELLE			
7.30am						TEAM BEATS SURVIVAL SHARN	NEW CLASS
						HIIT CYCLE 30 KATIE	
8.00am							TEAM BEATS BOXING MERNELLE
8.30am						GROUP CYCLE KATIE	
9.15am		GROUP CYCLE PAT		GROUP CYCLE JESSICA	GROUP CYCLE KATIE		GROUP CYCLE MARTY
9.30am	TEAM BEATS ATHLETX MAX			TEAM BEATS PURE POWER MAX			
6.30pm	GROUP CYCLE MARTY	GROUP CYCLE KAT	GROUP CYCLE PETER				
6.30pm	TEAM BEATS PURE POWER CHLOE	TEAM BEATS SURVIVAL CHLOE	TEAM BEATS ATHLETX SHARN				

GROUP FITNESS NEWS

BOOKING ONLINE

To increase our ability to service our members to a higher standard we are now extending the online booking system to all studios. This simply means that just like you book into TEAM BEATS and GROUP CYCLE you will now book into our classes run in the other 2 studios. If you are unsure as to how to book we have attached a HOW TO guide to this printed timetable. If you are not "tech savvy" that's ok you can call reception and they will book you in or even as you arrive in club get them to book you in. Throughout June we will slowly get everyone familiar with this system and you will have plenty of time to get into the habit, from the first of JULY you will need to book in to ensure a spot in class. Those not booked prior run the risk of arriving and the class being fully booked so be sure to book in. The booking system will also allow us to connect with those members who attend certain classes, send out invites to specific events, ask for direct feedback on our instructors etc

NEW CLASS

We have a new cycle class HIIT CYCLE starting Saturdays 7:30am with KATIE, HIIT training will get you into anaerobic phase, this type of training gets and keeps your heart rate up and burns more fat in less time. You will leave the class with nothing left in the tank and your body will continue to burn fat for 48 hours after the class. If this class proves successful we will be adding more to the schedule so let us know what you think!

OPEN WEEKEND

Save the date! June 29th & 30th we are opening our doors and inviting everyone to experience why our club is the best! We have some amazing events planned including a 2 hour DANCE PARTY, Self Defence Workshops, Yin & Meditation Workshop, Nutrition Seminar and the introduction of our new program Barre. Keep you eyes on our Facebook page for more information.

WORKSHOP

Sunday 2nd of June BODYATTACK, HI LO/STEP and ZUMBA will not be running to accommodate an instructor training day, Tai Chi will be run in the Mind Body Studio. We are running an extra BOXING class at 10:30am for those who still want to get into a cardio class. A 45min seminar is running at 8:00am for members if you are interesting in learning what it takes to be a group fitness instructor. We apologize for any inconvenience this may cause.



GROUP CLASSES MOVEMENT MENU

CHOOSE FROM RE-CREATION'S EXTENSIVE CLASS MENU

GROUP DYNAMIC ZONE

BODYATTACK® 55min or 45min – is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories* and leaving you with a sense of achievement.

BODYCOMBAT® 55min or 45min- BODYCOMBAT is an empowering cardio workout inspired by martial arts. This fiercely energetic program draws from a variety of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Improves posture, core strength and stability, tones and shapes key muscle groups, maximizes calorie burn during and after your workout burning up to 750 calories*

BODYPUMP® 55min or 45min- Bodypump is the original barbell class that strengthens your entire body. This 55-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

PERFECT CORE 55min - Experience the ultimate in torso toning, using a Swiss ball and other fitness equipment. Designed to improve your postural awareness, core stability, flexibility, balance/mobility and overall strength. The workout may include freshness, fun and functionality

GYMSTICK 55min - Gymstick is a fitness tool designed to simply and effectively combines cardiovascular training, muscular endurance, strength and flexibility training. The Gymstick is an innovative fitness tool that combines the stick and the resistance bands to provide an overall body workout.

HI.LO / STEP 55min - Hi.Lo/Step is a Freestyle class that is mixed with Step and Hi.Lo, which has a combination of high, low, and funky step moves. It will increase your heart rate, blood flow to your muscles. Your range of motion improves as does your agility and motion. It will also help your speed and nerve impulses.

KONGA 55min - A wild mash-up of Boxing, Kickboxing, Cardio, Afro, Pop, Rock, Pilates, Disco & everything in between. Konga is so addictive because it is the perfect concoction of easy-to-do moves; insane music & routines that are specifically designed to shape, sculpt & redefine your physique. You will go from striking your imaginary opponent, to sexy hip shaking to Beyoncé, to a wild Ab Crunching routine. It's the one class that really does have it all!

STONE 55min A 55min class incorporating hand weights and barbell exercises designed to sculpt, strengthen and tone every muscle. A whole-body workout!

STEP 55min - Step classes are a great low impact cardiovascular workout. The adjustable height of the step can vary the intensity of your workout, making this class suitable for all fitness levels. This workout involves sequencing in the stepping action to create an effective body/brain training format.

STRONG™ 55min - Is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. The movements are synchronised to music that makes this program unique. Try it and get hooked.

THT Tummy Hips & Thighs 55min – Rec's THT is a blast for those troubled areas. An enjoyable and specialist workout to tone, firm up and burn fat from your tummy, hips, and thighs. You will focus your training to achieve maximum results in a way other workouts don't match. The THT exercise routine will assist you in all your other training activities by building you a rock-solid core, glutes and legs.

ZUMBA 55min - You've seen it on TV now come and try the class of the year!!! Combines Latin, African and Bollywood rhythms. This unique class has a party atmosphere yet trains your body with intervals of intensity & body sculpting strength work

MIND BODY SPIRIT ZONE

PILATES 55min - Pilates is a way to stretch and strengthen your body, primarily the muscles of the core, which span from your hips to your shoulders. Your Pilates work out will assist and benefit you not only in other classes but life itself! Suitable for all fitness levels. A small towel and thick mat are recommended for extra comfort.

TAI CHI 55min - Renew your energy, build up and maintain your health, discover the many other ways in which the practice of Tai Chi could enhance your life. Tai chi chuan is an internal Chinese martial art often practised for health reasons.

YOGA ASHTANGA 55min - combines an ancient series of postures with a flowing breath and movement system. This combination increases strength, endurance and flexibility while clearing the body of accumulated toxins and emotional blocks.

YOGA DYNAMIC 75min - Dynamic Yoga is a challenging workout, which will increase strength, muscle tone, energy and flexibility through dynamic movements. This class will assist you to improve body awareness and help you to build natural strength while reducing stress and tension, leaving you feeling invigorated.

YOGA FUNCTIONAL 75min – Supports the movement patterns that are necessary for us to function in our daily lives. Longer held poses that includes a variety of lunging, squatting, bending twisting, pulling, pushing and balance. The poses will improve joint pain and mobility, increase muscle tone and stamina and improve concentration to bring calm to the mind.

YOGA HATHA 55min or 75min - Hatha yoga is the most widely practiced form of yoga in the world. It is the branch of yoga, which concentrates on physical health and mental wellbeing. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), with the goal of bringing about a sound, healthy body and a clear, peaceful mind and great posture.

YOGA FOUNDATION 55min - Suitable for those who are new to yoga or those who want to rediscover the basics. The class moves at a slower pace, breaking down the key postures, giving you a deeper understanding of how and why yoga works. Explore your strength, mobility, balance and breath in a supportive and encouraging space.

YOGA RELAX 55min – Aimed to nurture, calm and relax your body and mind. With clear and attentive instructions and gentle adjustments you will feel totally at ease and restored.

YOGA RESTORATIVE 55min - Restorative yoga is a form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props. The use of props makes it easier for you to maintain balance while you are stimulating and relaxing your body. While some restorative yoga poses are beneficial to the entire body, others target specific parts of the body, such as the heart or the lungs.

YOGA VINYASA 55min or 75min - Vinyasa means flow, movements are synchronised to the breath, is a term that covers a broad range of yoga classes. The poses run smoothly together and become fluid in motion. The breath becomes important and the teacher will instruct you to move from one pose to the next on an inhale or an exhale.

GROUP CYCLE ZONE

GROUP CYCLE 45min – An indoor cycling class, suitable for all fitness levels. This is a non-weight bearing class with interval style workouts, with an option for controlling your own individual workload. Suits all levels.

HIIT CYCLE 30min – Get ready for the perfect ride, High Intensity Interval Training (HIIT), in 30 minutes you will start to get results. These short, intense workouts provide improved athletic capacity and condition as well as improved metabolism. The different permutations are endless: 15 second intervals through to 5 minute intervals; short recovery, one to one or full recovery; flat out intensity or a fixed percentage of max effort.

TEAMBEATS ZONE

ATHLETX 45min - What does it take to be an athlete? Combine exercise science with INTENSITY TRAINING SUCH AS plyometric, running, rowing, climbing, functional strength training to activate agility, burn fat and strengthen your muscles. This is the workout that gets you GAME READY for the HUMAN RACE. You will be a more functional, lean, mobile and ultimately athletic you.

PURE POWER 45min - Feel the PURE POWER surge through you in this high intensity interval-based circuit class. A distinct workout using weight resistances such as Kettle Bells, Wall Balls, Slam Balls, BarBells and more. Weight bearing exercise and progressive overloading techniques to develop muscle and power. You're not finished yet... CORE is rock solid.

SURVIVAL 60 mins You will know yourself and your capabilities in SURVIVAL. Combining lung busting cardio and aerobic training with the perfect blend of powerful 'n' strength movements. A combination of interval training perfection will leave you just enough energy to survive. Are you up for the challenge?

BOXING 60min - Kick & punch to a fitter body. Stretching, cardio, kickboxing training, technique, fat burning, muscle definition, Come prepared to work hard. Gloves for hire \$1 (must have inners.)