

# GROUP FITNESS TIMETABLE

Commences 24 Feb 2020

## PELICAN PARK – MAIN STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15AM	HIIT	BOOTCAMP	RPM	BOX FIT	HIIT		
9:20AM	SPIN	CARDIO BLAST	BURN IT	BODY PUMP	RPM	BODY PUMP	
10:30AM	PILATES	BODY PUMP	PILATES	YOGA	BODY PUMP	RPM	BODY BALANCE
11:40AM		BODY BALANCE					
5:30PM	RPM	ZUMBA	PILATES				
6:00PM				*RPM			
6:30PM	BODY PUMP	MMA FIT	BODY PUMP				
7:40PM	*BODY BALANCE						

## PELICAN PARK – AQUA

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15AM	AQUA	AQUA		AQUA	AQUA		
9:20AM	AQUA	AQUA DEEP	AQUA	AQUA DEEP	AQUA	10AM AQUA** CRIB POINT POOL	AQUA
6:30PM		AQUA DEEP	AQUA DEEP		AQUA DEEP		

## CIVIC RESERVE RECREATION CENTRE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM	ZUMBA GOLD	PRIME CIRCUIT	PRIME FUSION	PRIME CIRCUIT	PRIME FUSION		
9:20AM	YOGA YIN & RESTORITIVE	MEDITATION	TAI CHI	*YOGA	PILATES		
10:30AM	BODY BALANCE	PRIME BAR		BODY BALANCE			
6:30PM		PILATES		PILATES			

\*These classes are currently under review due to underperformance & are subject to change  
 \*\*Aqua at Crib Point Pool is a seasonal class, last class for the 2019/20 season is 11/04/2020

## SOMERVILLE RECREATION CENTRE

Facility offers Reformer Pilates and Group Fitness classes,  
including Yoga, Pilates, Meditation, Tai Chi, Body Pump and more.

Please see customer service for a timetable or go to

[somervillerecreationcentre.com.au](http://somervillerecreationcentre.com.au)

pelicanpark@belgravialeisure.com.au  
 mornpenleisure.com.au

# CLASS DESCRIPTIONS

## RPM

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories in a session. Your instructor takes you on a journey of hill climbs, sprints and flat riding. Spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your performance and boost your cardio fitness.

## Spin

SPIN is an indoor cycling class that has great fat burning effects. It will improve your cardio fitness and endurance while you spin to great music! Helping push you through any of your barriers and achieve the fitness results you want.

## Pilates

PILATES will challenge your strength, flexibility and coordination with traditional and modern PILATES. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

## Tai Chi

TAI CHI is a Chinese martial art that is primarily practised for its health benefits, promoting the integration of the mind and body. It helps lower stress and anxiety levels and increases energy. A series of slow, controlled movements and postures help build muscle strength, coordination, balance and flexibility.

## Body Pump

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques. Pumping out encouragement, motivation and great music whilst burning up to 540 calories.

## Cardio Blast

An innovative class that will burn calories. Using a combination of various training methods including step and circuit training. This is a high intensity class that will give you a great cardiovascular workout.

## Body Balance

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

## Zumba

ZUMBA is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music.

## Zumba Gold

Perfect for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity, with choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

## Prime Circuit

Circuit class with a difference. The class includes strength, balance, core work and an element of Tai Chi & Chi Ball. Exercise at a level that suits you. Perfect for ages 50+.

## MMA Fit

A high intensity class combining movements & combos seen in the UFC paired with body weight exercises for the ultimate workout!

## Yoga

A flowing and meditative class, YOGA is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post. You will work on improving your muscle tone, strength, stamina and overall flexibility.

## Box Fit

BOX FIT is a high energy class that uses boxing techniques to give you a full body workout. It also works to improve your cardiovascular fitness and tone your whole body like never before. Never done any boxing before? No problem, this class is designed for all levels of fitness.

## Meditation

This class is more than just a guided MEDITATION. This is a group energy healing and activation session that empowers you as the healer of your life. You are guided to visualise energy and imagery for the purpose of cleansing, clearing, and elevating your conscious state of awareness.

## Prime Fusion

PRIME FUSION is a class for over 50's providing you with an effective and enjoyable workout. The class will assist you with mobility, flexibility, cardiovascular endurance and assist in improving muscle tone. The perfect addition to a healthy lifestyle all while enjoying the social aspects of group exercise.

## HIIT

HIIT is a high-intensity interval training class to help increase your fitness levels through short intense bursts of activities and routines. This class will boost your metabolism and have you burning fat long after you've left the gym.

## Burn It

An energetic & upbeat class that is sure to get your body moving & your blood flowing. It is a great workout for all difference levels of fitness. This class combines cardiovascular training & toning exercises, for a superior total body workout.

## Chi Ball

A class that focusses on a balanced mind and body, incorporating a variety of disciplines while using an air-filled exercise ball to improve your posture, strength and flexibility.

## Aqua

In an AQUA AEROBICS class, the water provides a great cardio workout with cushioning, resistance and support. Joints are safely supported with each exercise that works the whole body. Improving your cardio, strength, endurance, posture and flexibility all at the same time.

## Aqua Deep

AQUA DEEP classes use flotation weight belts for conditioning and toning exercises to help focus on core strength. With a variety of intensity options, these classes are for perfect for a range of ages and fitness levels. From the first-time aqua members to experienced participants.

## Prime Bar

A barbell, weight resistance class that will tone and build up strength as well as bone density. Perfect for ages 50+.

## Yoga Yin & Restorative

A class that incorporates both types of yoga. Yoga Yin focuses on stretching your connective tissues in order to strengthen and lengthen them. Restorative Yoga is a meditative practise that encourages a passive release of mind and body tension.

## Bootcamp

A circuit-based class. it combines a mixture of cardio and strength-based exercises in order to create a holistic approach to training. These classes have a high intensity but can cater to a variety of fitness levels.

● Low Intensity

● Medium Intensity

● High Intensity