

CAULFIELD RECREATION CENTRE HOLIDAY GROUP FITNESS TIMETABLE

Monday 23 December to Sunday 29 December

STUDIO ONE								
	MON 23 DEC	TUES 24 DEC	WED 25 DEC	THURS 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC	
6.05am			CLOSED		Virtual BodyBalance			
7:15am								
8.30am	Pilates/Barre	BodyPump			Activate Strength	Pilates	BodyPump	
9.30am	Zumba	Activate Strength			Zumba	BodyPump	Zumba	BodyStep
10.30am	LivingStronger	LivingStronger			Pilates		Pilates	Yoga
11.30am								
5pm	Virtual CX Work							
6pm	Zumba							

CYCLE								
	MON 23 DEC	TUES 24 DEC	WED 25 DEC	THURS 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC	
6.05am			CLOSED					
7am								
8.30am							Virtual RPM	
9.30am	Virtual RPM	Virtual Sprint			Virtual Sprint	Virtual RPM		Virtual RPM
10.30am		Virtual RPM						
6pm								

REFORMER								
	MON 23 DEC	TUES 24DEC	WED 25 DEC	THURS 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC	
8.30am		Foundation	CLOSED		Progression	Foundation	Progression	
9.30am	Foundation	Progression			Foundation (9am)	Foundation	Progression	
10.30am	Progression	Foundation			Progression (10am)	Advanced		
11.30am	Progression							
5pm								
6pm	Foundation							
7pm	Progression							

CAULFIELD RECREATION CENTRE GROUP FITNESS CLASS DESCRIPTIONS

STUDIO ONE PROGRAMS

- Activate Strength** 45mins
Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.
- Barre** 45mins
Barre helps strengthen and tone your muscles without increasing bulk, and it improves your posture. It also increases cardiovascular endurance and metabolism, which helps to quickly burn calories. Regular barre workouts can increase your bone density, which can help prevent conditions like osteoporosis.
- Bollywood** 45mins
Our Indian-inspired dance class, Masala Bhangra, delivers Bollywood and more! In every class we get a little cheeky and flirty using moves influenced by Bollywood movies, and we also include strong and energetic moves inspired by Bhangra folk dance from the Punjab region of India. The hypnotic beat of the music carries you through the choreography, and you'll feel as if you're on the set of a Bollywood movie!
- Flow Yoga** 45mins
A slower paced class that focuses on correct alignment and getting the most from your yoga practice. It is a flow yoga based class aimed at stretching and strengthening the body but with focus on alignment. We take the time to look at how the body should be aligned in poses and offer options to modify depending on your needs.
- Les Mills BodyBalance** 55mins
A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. **
- Les Mills BodyCombat** 55/45mins
The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.
- Les Mills BodyPump** 45/55mins
The original barbell class that strengthens and tones your entire body to ensure you get results fast.
- Les Mills BodyStep** 55mins
An energising step workout including adjustable step height and simple moves will push fat burning systems into high gear.
- Les Mills Core** 45mins
Previously named Cxworx, this cutting edge core training is designed to challenge your entire core unit – posterior chain, abdominals, obliques and more.
- Les Mills Sh'Bam** 45mins
Featuring simple but seriously hot dance moves. Suitable even if you are dance-challenged.
- Living Stronger-Fit Active** 45mins
These classes include a light cardio warm up to music, light jogging or walking, and floor-based exercises designed to improve strength with the help of light resistance, flexibility, balance and improve relaxation all to music.
- Living Stronger-Strength** 45mins
These classes include a light cardio warm up and are designed to improve strength through light weight resistance training, improve balance, and help prevent bone fractures from osteoporosis.
- Mat Pilates** 45mins
Pilates exercises with and without small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance. **
- Mat Pilates & Barre** 45mins
A combination of Pilates and Barre exercises with and without small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance.
- Tummy, Hips and Thighs** 45mins
A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness levels and excellent as a post and prenatal exercise option.
- Zumba** 55mins
Featuring exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning participants.

CYCLE PROGRAMS

- Les Mills RPM** 45mins
Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.
- Les Mills Sprint** 30mins
High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Personalised coaching with intervals of strength, speed and power will push you to the max.

REFORMER PROGRAMS

- Foundation** 45mins
This class is the perfect place to start your Reformer Pilates Journey. It's also great if you are wanting to revisit the principles of the Pilates Method at a slower pace, with more focus on the foundations.

It includes a brief induction to the Reformer Bed followed by exercises designed to improve coordination, core strength, balance, stability and awareness.

Suitable for all ages.
- Progression** 45mins
This Progressive Reformer Class is an intermediate class, the next step on your Pilates journey!

This class moves at a pace assuming you have a knowledge of Pilates and the equipment. It is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. It is our most popular class. Options will be offered to modify or challenge.

We recommend participants should have attended at least three Foundation sessions prior to attending this next level.

VIRTUAL FITNESS

Virtual Fitness classes are conducted in the Cycle Studio, Mind and Body Studio and Group Fitness Studio One. Classes are conducted with a virtual instructor/s. Please arrive five minutes prior to the session to set up. Please ask staff for assistance if needed.

** PREGNANCY SAFE CLASSES

Denotes classes suitable or specialised during pregnancy. Please inform the instructor BEFORE the class starts so they can provide alternate options throughout the class.

CAULFIELD RECREATION CENTRE HOLIDAY GROUP FITNESS TIMETABLE

Monday 30 December to Sunday 5 December

STUDIO ONE							
	MON 30 DEC	TUES 31 DEC	WED 1 JAN	THURS 2 JAN	FRI 3 JAN	SAT 4 JAN	SUN 5 DEC
6.05am							
7:15am					HIIT (Training Zone)		
8.30am	Pilates/Barre	BodyPump		Activate Strength	Pilates	BodyPump	
9.30am	Zumba	Activate Strength		Zumba	BodyPump	Zumba	BodyStep
10.30am	LivingStronger	LivingStronger		Mat Pilates	Dance	Mat Pilates	Yoga
11.30am							
5pm	Virtual CXworx			Virtual BodyPump			
6pm	Zumba			Zumba			
7pm				Virtual BodyPump			

CYCLE							
	MON 30 DEC	TUES 31 DEC	WED 1 JAN	THURS 2 JAN	FRI 3 JAN	SAT 4 JAN	SUN 5 DEC
6.05am							
7am	Virtual RPM			Virtual Sprint			
8.30am						Virtual RPM	
9.30am	Virtual RPM	Virtual Sprint		Virtual Sprint	Virtual RPM		Virtual RPM
10.30am		Virtual RPM					
6pm	Virtual RPM			Virtual RPM			

REFORMER							
	MON 30 DEC	TUES 31 DEC	WED 1 JAN	THURS 2 JAN	FRI 3 JAN	SAT 4 JAN	SUN 5 DEC
8.30am		Foundation		Foundation	Progression	Foundation	Progression
9.30am	Foundation	Progression		Foundation	Foundation	Progression	
10.30am	Progression	Foundation		Progression	Advanced		
11.30am	Progression						
5pm							
6pm	Foundation			Progression			
7pm	Progression			Foundation			

CAULFIELD RECREATION CENTRE

GROUP FITNESS CLASS DESCRIPTIONS

STUDIO ONE PROGRAMS

- Activate Strength** 45mins
Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.
- Barre** 45mins
Barre helps strengthen and tone your muscles without increasing bulk, and it improves your posture. It also increases cardiovascular endurance and metabolism, which helps to quickly burn calories. Regular barre workouts can increase your bone density, which can help prevent conditions like osteoporosis.
- Bollywood** 45mins
Our Indian-inspired dance class, Masala Bhangra, delivers Bollywood and more! In every class we get a little cheeky and flirty using moves influenced by Bollywood movies, and we also include strong and energetic moves inspired by Bhangra folk dance from the Punjab region of India. The hypnotic beat of the music carries you through the choreography, and you'll feel as if you're on the set of a Bollywood movie!
- Flow Yoga** 45mins
A slower paced class that focuses on correct alignment and getting the most from your yoga practice. It is a flow yoga based class aimed at stretching and strengthening the body but with focus on alignment. We take the time to look at how the body should be aligned in poses and offer options to modify depending on your needs.
- Les Mills BodyBalance** 55mins
A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. **
- Les Mills BodyCombat** 55/45mins
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- Les Mills BodyPump** 45/55mins
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An energising step workout including adjustable step height and simple moves will push fat burning systems into high gear.
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- Les Mills Sh'Bam** 45mins
Featuring simple but seriously hot dance moves. Suitable even if you are dance-challenged.
- Living Stronger-Fit Active** 45mins
These classes include a light cardio warm up to music, light jogging or walking, and floor-based exercises designed to improve strength with the help of light resistance, flexibility, balance and improve relaxation all to music.
- Living Stronger-Strength** 45mins
These classes include a light cardio warm up and are designed to improve strength through light weight resistance training, improve balance, and help prevent bone fractures from osteoporosis.
- Mat Pilates** 45mins
Pilates exercises with and without small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance. **
- Mat Pilates & Barre** 45mins
A combination of Pilates and Barre exercises with and without small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance.
- Tummy, Hips and Thighs** 45mins
A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness levels and excellent as a post and prenatal exercise option.
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- Progression** 45mins
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- This class moves at a pace assuming you have a knowledge of Pilates and the equipment. It is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. It is our most popular class. Options will be offered to modify or challenge.
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- It includes a brief induction to the Reformer Bed followed by exercises designed to improve coordination, core strength, balance, stability and awareness.
- Suitable for all ages.

VIRTUAL FITNESS

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CAULFIELD RECREATION CENTRE HOLIDAY GROUP FITNESS TIMETABLE

Monday 6 January to Sunday 12 January

STUDIO ONE							
	MON 6 JAN	TUES 7 JAN	WED 8 JAN	THURS 9 JAN	FRI 10 JAN	SAT 11 JAN	SUN 12 JAN
6.05am	Virtual BodyPump	Virtual BodyCombat	Virtual BodyPump	Virtual BodyCombat	Virtual BodyBalance		
7am		Virtual BodyPump (7.05am)	Virtual Les Mills Core		Virtual BodyPump		
7.15am		HIIT			HIIT		
8.30am	Pilates/Barre	BodyPump		Activate Strength	Pilates	BodyPump	
9.30am	Zumba	Activate Strength	Mat Pilates	Zumba	BodyPump	Zumba	BodyStep
10.30am	LivingStronger	LivingStronger	Barre	Pilates	Dance	Pilates	Yoga
11.30am			LivingStronger				
5pm	Virtual CXWorx			Virtual BodyPump			
6pm	Zumba	Pilates	Bollywood	Zumba			
7pm				Virtual BodyPump			

CYCLE							
	MON 6 JAN	TUES 7 JAN	WED 8 JAN	THURS 9 JAN	FRI 10 JAN	SAT 11 JAN	SUN 12 JAN
6.05am		Virtual RPM					
7am	Virtual RPM			Virtual Sprint			
8.30am						Virtual RPM	
9.30am	Virtual RPM	Virtual Sprint	Virtual RPM	Virtual Sprint	Virtual RPM		Virtual RPM
10.30am		Virtual RPM	Virtual RPM				
6pm	Virtual RPM	Virtual Sprint		Virtual RPM			

REFORMER							
	MON 6 JAN	TUES 7 JAN	WED 8 JAN	THURS 9 JAN	FRI 10 JAN	SAT 11 JAN	SUN 12 JAN
8.30am		Foundation	Foundation	Foundation	Progression	Foundation	Progression
9.30am	Progression	Progression	Foundation	Foundation	Foundation	Progression	
10.30am	Foundation	Foundation	Progression	Progression	Advanced		
11.30am	Progression						
6pm	Foundation	Foundation	Progression	Progression			
7pm	Progression	Progression	Foundation	Foundation			

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