

# CAULFIELD RECREATION CENTRE GROUP FITNESS TIMETABLE

Commencing Monday 4 March 2024

Bookings required via member portal

STUDIO ONE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am	Virtual BodyPump		Virtual BodyPump	Virtual BodyCombat	Virtual BodyBalance		
7.00am		HIIT	Virtual Les Mills Core		HIIT (7:15am)		
8.30am	Mat Pilates & Barre	BodyPump	Activate Strength	Activate Strength	Mat Pilates	BodyPump	
9.30am	Zumba	Activate Strength	Mat Pilates	Zumba	BodyPump	Zumba	BodyStep
10.30am	LivingStronger	LivingStronger	Barre		Dance	Mat Pilates	Yoga
11.30am			LivingStronger				
5pm	Virtual Core			Virtual BodyPump			
6pm	Zumba	Pilates	Bollywood	Zumba			
7pm	Virtual BodyPump			Virtual BodyPump			

CYCLE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
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	TUES	WED	THURS	FRI	SAT	SUN
8.30am		Foundation	Foundation	Foundation	Progression	Foundation	Progression
9.30am	Foundation	Progression	Foundation	Foundation	Foundation	Progression	
10.30am	Progression	Foundation	Progression	Progression	Progression		
11.30am	Progression						
5pm		Foundation					
6pm	Foundation		Progression	Progression			
7pm	Progression	Progression	Foundation	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

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 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 light resistance, flexibility, balance and improve relaxation all to music.

### 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 – 45 mins

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 – 45 mins

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.

### Advanced – 45 mins

A high intensity style Reformer session designed to take your Pilates to the highest level.

Classes focus on endurance with faster paced movements and may include moderate impact moves like jumps, HIIT, as well as resistance training.

We recommend participants come along without injuries, and have 3 months experience with Pilates and the equipment.

## 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.