

# GROUP FITNESS DESCRIPTIONS

We offer a large variety of motivating fitness classes and we encourage our members to cross-train by trying as many different ones as possible. All classes are entry-level, however please let the instructor know if you have an injuries or if you're new to the class and arrive on time or at least 5 minutes prior if equipment set up is required. All equipment is provided. Drink bottles and towels are compulsory in all classes.

## The Function Centre

<b>ABT</b>	A 30 minute class, which targets 3 major muscle groups: Abs, Butts and Legs. ABT will vary each week, using different equipment and exercises to achieve your goal of a well-toned, strong midsection and lower body.
<b>Abs Only</b>	30 minutes of pure abs with complimenting back strengthening exercises - Fantastic for firming and flattening the abs.
<b>Ballys</b>	A 30 minute Fitball class featuring work for the upper body, abs and core. Using fitballs, dumbbells and other equipment
<b>Box Fit 30</b>	This class uses boxing glove/mitt combinations, skipping, hanging punch bag work and serious ab exercises, which will churn through the calories and get you fighting fit in record time! 30 minutes
<b>Boxing HIIT</b>	Boxing HIIT is a great 30 minute class that super charges your metabolism and burns energy. With a focus on high work rate and continual movement Boxing HIIT is a guaranteed way for fast and effective training. Open to all levels of experience.
<b>Body Pump</b>	Les Mills's strength training program using adjustable barbells. It is the most successful pre-choreographed program in the world.
<b>Body Combat</b>	Les Mills total body conditioning class using non-impact martial arts movements incorporating boxing/kicking combinations.
<b>Bootcamp</b>	A 1 hour multi format class that incorporates aerobic and strength exercises to improve overall fitness and endurance
<b>FIT 45</b>	The hottest class to do in the world of group fitness right now! FiT45 uses circuit and high intensity interval training (HIIT)Get stuck into a straightforward motivating workout with battle ropes, kettlebells, block benches, dumbbells and a variety of body weight training methods such as burpees, pushups, lunges, bear crawls and lots more! Class comes in a swift 45 minute format.
<b>Results</b>	A winning formula involving intervals of cardio on the step and weights for toning. This unique freestyle format is always popular and has been recognized nationally as an outstanding program developed by our very own Re-Creation instructors! This class will get you puffing while shaping and strengthening at the same time!!
<b>Step 30</b>	A 30 minute step class for all fitness and experience levels. Cardio training featuring easy to follow step combinations that are also great for the legs and butt
<b>Tabata</b>	Tabata is a 30 minute class was developed by Japanese scientist Izumi Tabata; this method uses intervals of 20 secs work / 10 secs rest, repeated 8 times to develop peak fitness. This formula has been designed to train both the aerobic and anaerobic systems simultaneously.

## Mind Body Room

<b>Barre Fit</b>	Barre classes use a standard Ballet Barre together with light hand weights, little soft balls, and rubberized tubing to create a fantastic workout that can lengthen, strengthen and improve posture. The Tarkett dance floor enables us to offer an authentic Ballet Barre experience for technique, strength and flexibility.
<b>Meditation</b>	The class will guide you through a 20 minute meditation and finish with 10 mins of deep relaxation. A great way to end your workout!!
<b>Pilates Mat</b>	A popular conditioning class centering the body and strengthening the core muscles - incorporated with correct breathing techniques. A class suitable for all ages, fitness and strength levels.
<b>Power Pilates</b>	This is essentially a Pilates Mat class with an emphasis on props (fitballs, small balls, light hand weights, and therabands) as well as a higher emphasis on intensity.
<b>Pilates Mat 30</b>	An express version of our regular Pilates Mat class.
<b>Pilates &amp; Props</b>	A 30 minute Pilates class that uses soft balls, thera bands, barre and floor work with an emphasis on posture and balance techniques derived from traditional Pilates method exercises
<b>Sweat Club</b>	A moves to music class where the emphasis is one high heart rate, great simple moves and great music! 45 minutes of non-stop fitness and dance action!
<b>Yoga</b>	Various Yoga styles including Ashtanga, Vinyasa and Hatha are offered and are specific to the particular Yoga instructor. All Yoga teachers are fully qualified. Please see our brochure or app for detailed descriptions of each yoga format.
<b>Yogalates</b>	A fusion of yoga and Pilates, excellent for developing general fitness and tone whilst encouraging connection with your body - also assists with releasing stress, instilling calm, and developing a greater sense of wellbeing.
<b>Zumba</b>	Zumba is a fun dance class with a party atmosphere, combining Latin, African, Bollywood rhythms and sculpting steps! With all the fun you're having, you won't realise you've actually burnt off a lot of calories and worked all those muscles!! Ditch the workout, join the party!

## The Velodrome

<b>Spin</b>	Spin is the fastest way to burn calories and get super fit (and GREAT for the legs!). Remember your towel and drink bottle ... You're going to need them! Bike resistance is adjustable so all fitness levels are welcome. Spin classes are all 45 mins unless stated otherwise.
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## Virtual Classes- On demand in the Mind Body Room

<b>Body Balance</b>	Bodybalance is class for anyone and everyone. Combining Yoga, Tai Chi and Pilates-based movements set to music. It will improve your mind, your body and your life.
<b>SH'Bam</b>	SH'BAM™ is an insanely addictive dance workout. In an ego-free zone, where a fun-loving instructor guides you through simple (yet sassy) dance moves, all set to a party playlist.
<b>CXWorx</b>	CXWorx is a 30-minute workout you'll learn how to activate the muscles that create optimal core control, the vital ingredient for a stronger body, whilst chiselling your waist line.
<b>GAIA Yoga</b>	Gaiaensity is a leading lifestyle brand with a mission to make yoga, fitness, and well-being accessible to all. From Gentle practices to Kundalini, Yoga for Belly, Butts & Thighs to Cardio Yoga the amount of titles we have is complementary to our already impressive Yoga live class offerings.
<b>Jillian Michaels</b>	Like your very own personal trainer supervised class, with lots of variety, intensity and motivation with one of America's top trainers.



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### STAFFED HOURS

Mon: 7.30am to 8.00pm  
Tue: 7.30am to 8.00pm  
Wed: 7.30am to 8.00pm  
Thu: 7.30am to 8.00pm  
Fri: 7.30am to 5.00pm  
Sat: 8.00am to 5.00pm  
Sun: 8.00am to 5.00pm



Wednesday 25<sup>th</sup> April

Staffed hours:  
9.00am – 12.00pm

9.30am FIT45 MIKHAEL  
9.30am Spin KAREN  
6.30pm Boxing HIIT MORGAN  
6.30pm Vinyasa Flow Yoga HEATHER  
7.00pm Box Fit 30 MORGAN

We would like to acknowledge the great work being done by one of our trainers, Edwin John in conjunction with local Armadale organisation, 'Inclusion Melbourne'.

Formerly named Gawith Villa, Inclusion Melbourne is a company creating opportunities for adults with intellectual disabilities. This organisation is guided by the firm belief that people with disabilities should be able to participate in community life like anyone else.

Edwin has volunteered his time to helping Paul on his health and fitness journey, both have formed a strong bond in the process. Paul is a larger than life character who loves a joke with staff and looks forward to his Monday PT session with Edwin.

If you see Paul around the club please be sure to say hello!

We are proud of your work Ed, keep up the good work boys!!



Photo of Edwin and Paul training

### BOOK YOUR BODY SCAN IN TODAY!

It's one thing to train hard and another to train smart. The best way to ensure that all the work you've put into your training is paying off is to regularly measure and monitor your progress.

Having an in house body composition analysis (BCA) machine allows our members to examine their bodies and determine the percentage of body fat vs muscle tissue, thus gaining an accurate understanding of their overall health.

We are offering our members complimentary follow up body scan sessions to ensure accurate progress tracking & enable productive training.

Come see us at reception to book in your first scan for \$30 and receive your follow up scan for free.



Don't wait for the right opportunity. Create it! - George Bernard Shaw