

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

ABT	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.
Abs Only	30 minutes of pure abs with complimenting back strengthening exercises - Fantastic for firming and flattening the abs.
Ballsy	A 30 minute Fitball class featuring work for the upper body, abs and core. Using fitballs, dumbbells and other equipment
Box Fit	This class focuses on technique, fitness and Muay Thai moves giving you a well-rounded boxing experience and establishing a firm foundation to build your aerobic capacity on. Open to all levels of fitness and experience.
Body Pump	Les Mills's strength training program using adjustable barbells. It is the most successful pre-choreographed program in the world.
Bootcamp	A 1 hour multi format class that incorporates aerobic and strength exercises to improve overall fitness and endurance
FIT 45	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.
Results	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!!
Step 30	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
Tabata	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

Pilates Barre Fusion	Pilates Barre Fusion 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. We incorporate traditional Pilates exercises for an authentic barre experience
Meditation	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!!
Pilates Mat	A popular conditioning class centring the body and strengthening the core muscles - incorporated with correct breathing techniques. A class suitable for all ages, fitness and strength levels.
Power Pilates	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.
Pilates Mat 30	An express version of our regular Pilates Mat class.
Pilates & Props	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
Yoga	Various Yoga styles including Ashtanga, Vinyasa, Hatha and Yin 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.
Zumba	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

Spin	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

Body Balance	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.
SH'Bam	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.
CXWorx	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.
GAIA Yoga	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.
Jillian Michaels	Like your very own personal trainer supervised class, with lots of variety, intensity and motivation with one of America's top trainers.
Body Combat	Martial arts to music work out
Body Pump	Les Mills's strength training program using adjustable barbells. It is the most successful pre-choreographed program in the world.



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STAFFED HOURS

Please note revised
Commencing 01.06.18
Mon: 8.00am to 8.00pm
Tue: 8.00am to 8.00pm
Wed: 8.00am to 8.00pm
Thu: 8.00am to 8.00pm
Fri: 8.00am to 4.00pm
Sat: 8.00am to 5.00pm
Sun: 8.00am to 5.00pm

QUEENS BIRTHDAY

Public Holiday
Staffed hours:
9.00 am -12.00 pm



9.00am YOGA - Elli
9.30am SPIN - Mikhael
9.30am FIT45 - Emma F

MEMBER OF THE MONTH LEE HOWARD

Lee joined Re.Creation Malvern just under a year ago since returning from living and working in Germany. He has made phenomenal progress in his short time here having shed and impressive 15kg. Attributing a large portion of his success to discipline and consistency.



Lee believes attending a gym with a welcoming culture and community vibe really contributes to having a positive experience.

Lee is a fantastic example of how hard work does pay off!

BRING A FRIEND FOR FREE DURING JUNE

Ask at Reception for details

6 WEEK TRANSFORMATION CHALLENGE

Register your interest at Reception

WHAT YOU GET...

- ◆ Tailored training program
- ◆ Individual goal-setting session
- ◆ Nutrition plan
- ◆ Allocated Coach
- ◆ Body Composition Analysis
- ◆ Pre-challenge information seminar



Prizes will be given to top three transformations!

Coaches will also award a prize for attitude and effort, so find your motivation and enrol today!

Six weeks of effort devoted to consistent training and healthy nutrition

Commences June 18th
Members: \$149
Non-Members: \$199

“I don't work out to add days to my life, I work out to add life to my days.”