

GROUP FITNESS DESCRIPTIONS

Group Fitness classes are a motivating and valuable part of your club membership. We offer a large variety of fitness classes and we encourage our members to cross-train by trying as many different ones as possible. Please remember that it's *your* workout, so exercise at your own pace.

All classes are entry-level, however please let the instructor know if you have an injuries or if you're new to the class. All equipment is provided. Drink bottles and towels are compulsory in all classes. Please turn your phone to silent when a class is running to avoid interruption.

The Function Centre

ABT	This 30 minute class targets 3 major muscle groups: Abs, Butts and Legs. Classes vary each week using different equipment and different positions to achieve your goal of a well-toned and 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 30	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
Body Pump	Les Mills's strength training program using adjustable barbells. It is the most successful pre-choreographed program in the world.
Body Combat	Les Mills total body conditioning class using non-impact martial arts movements incorporating boxing/kicking combinations.
FIT 45	The hottest class to do in the world of group fitness right now! Fit 55 (and 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.
Total Body Sculpt	A class that addresses everybody in a crisp and to-the-point 45 minute exercise to music blast! With a nod to 80's toning classes, there is plenty of functional and core work to keep the class updated and relevant.
Box HIIT	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.

Mind Body Room

Barre Fit	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.
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 centering 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 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.
Yogalates	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.
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- Now live 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.



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

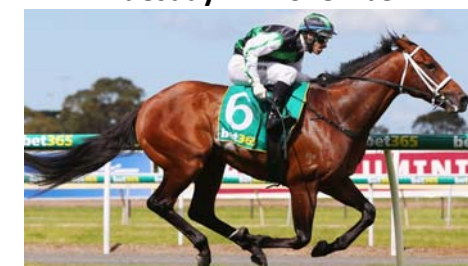
CASUAL GUEST RATES

Bring a friend in casually during staffed hours and receive a casual discount:

Adult \$14.00 (normally \$20)
Concession \$12.00 (normally \$15)

MELBOURNE CUP

Public Holiday
Tuesday 7th November



Staffed Hours

9.00 – 12.00pm

Classes

8.45am Spinning EDWIN
9.00am Results MIKHAEL

Informal survey

We pride ourselves on our classes, and as we are finalising our schedule for 2018 we would love to hear from you if you have any feedback, suggestions or requests for next year.

Please write your email to groupfitness@recreationmalvern.com.au
All emails will be answered and we will do our best to consider all reasonable requests and suggestions.
Sincerely
Group Fitness Manager Mikhael

A MONTH AS MANAGER

Dear Members,

It has now been over 4 weeks since I started as your Club Manager and I am thoroughly enjoying it.

Thank you to the many members who have welcomed me to the club and introduced themselves. It was apparent immediately that Re.Creation Malvern is a very friendly place to work and workout.

Having worked at multiple Health Clubs over an 11 year career I can tell you that Rec Malvern has the best assembly of Instructors and Personal Trainers that I have been involved with. Be sure to take full advantage of their expertise and allow them to assist you with your health and fitness goals.

Thanks again and If I haven't met you yet I look forward to meeting you soon.

Warm Regards,
Richard Te Paa – Club Manager

MEMBER OF THE MONTH

DEAN WHITTY

Hi! I'm Dean, I've been a member of ReCreation Malvern on and off since it opened in late 2014. I've always had a blast, particularly enjoying the boxing and yoga classes, or doing strength training with my housemates. I've have a bit of a background in long distance running, so if left to my own I will tend towards repetitious cardio exercises, and I've usually somewhat managed to maintain a rough degree of fitness. However, over the past year with increasing work commitments, I developed some bad habits in regards to exercise (i.e. not doing it) and diet (burgers +++), and subsequently the BMI ventured into uncharted waters.

So when I saw the 5 in 4 challenge, I thought that it would be a great excuse to get back into shape! By following Gabriel's exercise program and keeping to the CSIRO diet I managed to do a lot better than I anticipated and took off 6.7kg, which put me back into the healthy range. I reckon I'll keep going with it, and to keep me on track I've signed up for the Melbourne Marathon next year. Cheers guys!

