

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 Thighs. 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	Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the <u>scientifically proven</u> moves and techniques pumping out encouragement, motivation and great music.
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.
H.I.R.T.	A structure that mimics our popular Fit45 classes, this class is a functional, weights-focused workout to timed intervals for strength and toning. Large muscle groups will be targeted through compound exercises with great music to inspire you to go harder and get results!
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

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 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
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 & 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.
Nite Ride	Our 5 evening classes take on a nightclub feels with cool beats and hot tracks.

Virtual Classes- On demand in the Mind Body Room

Body Balance	BODYBALANCE is a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.
SH'Bam	SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!
CXWorx	Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. During the 30-minute workout instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.
GAIA Yoga	Gaia 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	This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round.
Body Pump	Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the <u>scientifically proven</u> moves and techniques pumping out encouragement, motivation and great music.



66 Glenferrie Road MALVERN. 3144 P: 8419 8256 www.recreationmalvern.com.au Find us on Facebook

STAFFED HOURS

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 5.00pm
Sat: 8.00am to 5.00pm
Sun: 8.00am to 5.00pm

Feasting with Family and Friends over the holidays?



Bring your visiting friends and family in for just \$130 for 10 visit pass, including 24 hour access!

See reception for details

WHAT A KNOCK OUT!

We know sharing is caring, but now you can buy your very own Boxing Gloves!

Just \$15.00!
Available at reception.

Another great year at Re.Creation Malvern!

We would like to say a big thank to all of our wonderful members who continue to love and support our club. This year has seen a surge in attendances, delivering our strongest group fitness numbers since opening in 2014. We owe this to our amazing Instructors who continually challenge and inspire us every day!

We are proud of the great 'Family Feel' which is only found at Re-Creation Malvern. Thank you for your feedback throughout the year, which has helped us develop & grow as an organisation. A big thanks to our awesome trainers and reception team for continually providing a high standard of Customer service for our members.

We look forward to bringing you more of your favourite classes in 2019.



Our Festive Season schedule

This commences Monday 27th December and resumes Monday 7th January 2019. During this time, our regular schedule ceases and we run a reduced schedule for the holidays.

The insert to this update contains the reduced schedule, plus we will be putting the classes we are running on Facebook everyday throughout the break. The app will also be continually updated – just remember to refresh it. If you don't have the app, go to Google Play or the Apple store to download - search ReCreation Health Clubs.

Happy Holidays everyone!

From Mikhael and all of the group fitness team at Re.Creation Malvern