

GROUP FITNESS TIMETABLE



EFFECTIVE FROM MONDAY 9 NOVEMBER 2020

Classes and instructors are subject to change at short notice. Class passes are required to attend all group fitness classes which are available from customer service. For safety and OH&S, the instructor has discretion to not allow you to participate in a class once it has started. Bring a towel and drink bottle to all classes. Casual participants must be 16 years and older. Consult your doctor prior to participating in any group fitness class. Some classes are not suitable to do whilst pregnant. If you are unsure, contact your doctor and let the know group fitness instructor know.

CIVIC RESERVE
RECREATION CENTRE

PELICAN PARK
RECREATION CENTRE

SOMERVILLE
RECREATION CENTRE

TIMETABLE

SOMERVILLE RECREATION CENTRE

REFORMER PILATES

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:20AM	REFORMER PILATES						
5:40PM	REFORMER PILATES	REFORMER PILATES		REFORMER PILATES			

GROUP FITNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00AM							
9:10AM							
9:10AM	BODY STEP	SOYF	BODY PUMP	SOYF	ZUMBA		
10:00AM	BODY BALANCE						
10:20AM		PRIME MOVERS	ZUMBA	PRIME MOVERS	BODY PUMP		
11:00AM	CHI BALL						
11:30AM					BODY BALANCE		
5:00PM	ZUMBA	TAI CHI	ZUMBA	BODY STEP			
6:15PM	SPIN			SPIN			



TIMETABLE

PELICAN PARK RECREATION CENTRE

MAIN STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15AM		BOOTCAMP	RPM	BOOTCAMP			
9:30AM	HIIT	RUNNING	BURN IT	BODY PUMP	RUNNING	BODY PUMP	
10:30AM	PILATES	BODY PUMP	PILATES	YOGA	BODY PUMP		BODY BALANCE
11:30AM		BODY BALANCE					
5:30PM	CARDIO BLAST	ZUMBA		RPM			
6:30PM	BODY PUMP	HIIT	BODY PUMP				

AQUA AEROBICS

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00AM	AQUA	AQUA	AQUA	AQUA	AQUA		
9:00AM	AQUA	AQUA DEEP	AQUA	AQUA DEEP	AQUA		AQUA
10:00AM						AQUA AT CRIB POINT POOL	
6:00PM		AQUA DEEP			AQUA DEEP		

CIVIC RESERVE RECREATION CENTRE

GROUP FITNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM	ZUMBA GOLD	PRIME CIRCUIT	ZUMBA GOLD	PRIME CIRCUIT	PRIME FUSION		
9:20AM	QIGONG	PRIME CIRCUIT	TAI CHI	PRIME CIRCUIT	PILATES		
10:30AM	BODY BALANCE	VERAFLOW		BODY BALANCE			
6:30PM		PILATES		PILATES			

CLASS DESCRIPTIONS

RPM

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories in a session. Your instructor takes you on a journey of hill climbs, sprints and flat riding. Spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your performance and boost your cardio fitness.

Running

A running class for all levels of fitness. The class is designed to help build your speed, endurance, strength and overall running fitness. Weather dependant, the class will be held outside on Hastings Foreshore.

Pilates

PILATES will challenge your strength, flexibility and coordination with traditional and modern PILATES. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

Tai Chi

TAI CHI is a Chinese martial art that is primarily practised for its health benefits, promoting the integration of the mind and body. It helps lower stress and anxiety levels and increases energy. A series of slow, controlled movements and postures help build muscle strength, coordination, balance and flexibility.

Body Pump

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques. Pumping out encouragement, motivation and great music whilst burning up to 540 calories.

VeraFlow

VeraFlow™ is a dance-based stretching class. A variety of stretching techniques are used throughout the class but predominantly active techniques are used which have a more lasting and beneficial effect.

Body Balance

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

Zumba

ZUMBA is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music.

Zumba Gold

Perfect for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity, with choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Prime Circuit

Circuit class with a difference. The class includes strength, balance, core work and an element of Tai Chi & Chi Ball. Exercise at a level that suits you. Perfect for ages 50+.

Prime Movers

This low impact class is designed to increase cardiovascular fitness, balance and coordination. Perfect for ages 50+.

Yoga

A flowing and meditative class, YOGA is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post. You will work on improving your muscle tone, strength, stamina and overall flexibility.

GRIT

GRIT is a 30-minute is a high-intensity interval training (HIIT) workout designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

Reformer Pilates

Resistance-based pilates that is performed on a Reformer Pilates bed, using your body weight and set a level of resistance of the bed springs to build strength and activate your muscles. All parts of the reformer equipment and class can be adjusted for different levels of fitness and skill.

Prime Fusion

PRIME FUSION is a class for over 50's providing you with an effective and enjoyable workout. The class will assist you with mobility, flexibility, cardiovascular endurance and assist in improving muscle tone. The perfect addition to a healthy lifestyle all while enjoying the social aspects of group exercise.

Stay On Your Feet (Maintenance)

Ideal for older adults with current health problems under control. Designed to increase cardiovascular fitness, strength, flexibility and balance.

Burn It

An energetic & upbeat class that is sure to get your body moving & your blood flowing. It is a great workout for all difference levels of fitness. This class combines cardiovascular training & toning exercises, for a superior total body workout.

Chi Ball

A class that focusses on a balanced mind and body, incorporating a variety of disciplines while using an air-filled exercise ball to improve your posture, strength and flexibility.

Aqua

In an AQUA AEROBICS class, the water provides a great cardio workout with cushioning, resistance and support. Joints are safely supported with each exercise that works the whole body. Improving your cardio, strength, endurance, posture and flexibility all at the same time.

Aqua D

AQUA DEEP classes use flotation weight belts for conditioning and toning exercises to help focus on core strength. With a variety of intensity options, these classes are perfect for a range of ages and fitness levels. From the first-time aqua members to experienced participants.

Prime Bar

A barbell, weight resistance class that will tone and build up strength as well as bone density. Perfect for ages 50+.

Qigong

Qigong (pr. Chi Kung) is a powerful system of healing & energy, an integration of physical postures, breathing techniques & focus. The slow, gentle movements can easily be adapted, for people all of all abilities and ages.

Bootcamp

A circuit-based class. It combines a mixture of cardio and strength-based exercises in order to create a holistic approach to training. These classes have a high intensity but can cater to a variety of fitness levels.

● Low Intensity

● Medium Intensity

● High Intensity

Pelican Park
2 Marine Parade
Hastings
1300 850 197

Somerville
14 Edwards Street
Somerville
5974 7800

Civic Reserve
350 Dunns Rd
Mornington
5975 0133