



# South Pacific Health Clubs

## Group Fitness Timetable - Bourke Street City

### September 2014

### Opening Hours

Monday to Thursday	6am - 9pm
Friday	6am - 8:30pm
Saturday	8am - 3pm
Sunday	10am - 3pm



For most up to date class times and instructors please visit : [www.southpacifichc.com.au](http://www.southpacifichc.com.au)

### Main Studio

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00am	Body Pump 45	Boxing 45	Body Attack 45	GRIT Strength 30	GRIT Strength 30		
10:15am						Body Pump	
11:40am	Tabata 30			Sandbell Circuit 45			
12:15pm	Body Attack 45	Body Pump 45	Circuit 45	Body Pump 45	Circuit 45		
1:10pm	SP Core 45	Sandbell Circuit 45 *starts 1/7*	GRIT Strength 30	Boxing 45	Body Pump 45		
5:00pm	Sandbell HIIT	SP Core 30	Tabata 30	SP Core 30			
5:30pm	Body Attack	Body Pump	Body Attack	Body Pump			
6:30pm	Body Pump	GRIT Strength 30	Sandbell HIIT	Tabata 45			30 = 30 mins 45 = 45 mins

### Cycle Studio

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00am	RPM 45	RPM 45		RPM 45			
9:00am						RPM Hi Performance	
12:15pm		Spin 45			RPM 45		
1:05pm	RPM 45		RPM 45	Spin 45			
5:30pm	RPM 45		Spin 45	Spin 45			
6:15pm		RPM 45					

### Wellness Studio

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00am	Reformer45	Mat Pilates 45	Reformer 45	Yoga Power Flow 45 *New Instructor*			
11:40am	Reformer 30		Reformer 30		Reformer Intro 30 1st August		
12:15pm	Reformer 45	Mat Pilates 45	Reformer Int-Adv 45	Mat Pilates 45	Reformer Int-Adv 45		
1:05pm	Reformer Int-Adv 45	Body Balance 45	Reformer 45	Yoga Hatha 45	Reformer 45		
5:30pm	Yoga Power Flow	Reformer 45	Pilates Mat	Reformer45	Reformer45		
6:15pm		Reformer Int-Adv 45		Reformer 45			
6:30pm	Body Balance		Body Balance				30 = 30 mins 45 = 45 mins

### Reformer Bookings

**Bookings are essential for all Reformer Pilates classes. These are equipment based classes and limited to 20 beds. Bookings can be made up to 24 hours in advance on our website (and smart phone). Alternatively by calling the Club. Please ensure to be slightly early as 'standby' members will be allowed access to unused beds at class commencement time. Instructors have the right to refuse entry, or give beds to 'standby' members once class commences. If you are unable to attend, please contact reception to unbook yourself from the class so other members can attend.**

St Kilda Sea Baths : 10 - 18 Jacka Boulevard St Kilda, Phone (03) 9525 4888  
 City : Level 1, 550 Bourke Street Melbourne, Phone (03) 9604 0900  
 Port Melbourne : 2-6 Bay Street, Port Melbourne, Phone (03)9525 3533

Williamstown : Corner of North Road and the Strand Newport 3015, Phone (03) 9399 1100  
 Nunawading : Level 1, Home HQ, 372-394 Whitehorse Road Nunawading 3131, Phone (03) 8804 1200  
 Malvern East : Cnr Tooronga Rd & Dandenong Rd, Malvern East VIC 3145 Phone (03) 9572 9400



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## Class Descriptions - Bourke Street City

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### SP Core

A 30 or 45 Minute Core and Abs workout. Designed to target more than just abs. The session incorporates plank work, functioning muscles from the back, glutes, abs and obliques to improve core strength, definition and posture.

### Boxing

A fun and fast paced class that will surely get your heart pumping. High intensity cardio. You will punch pads and sweat your way to a healthy body. (Ideal for both Male and Female participants).

### Spin

An outdoor Spin simulation brought indoors. This challenging cardio class will have you sweating it out and burning calories! See your fitness improve as your endurance levels are pushed to motivating music. No impact to joints and all fitness levels welcome as you are in control of your bike resistance.

### Circuit

A cross-training workout where aerobic, lifting and resistance exercises are performed at work stations, creating a fun and challenging workout.

### Tabata

Tabata training is a type of HIIT (High Intensity Interval Training) that follows the format: 20 seconds of a high intensity exercise followed by 10 seconds of rest. This 30 or 45 minute class will have you gasping for air, and get you fitter faster.

### Body Attack

A high intensity cardio program that focuses on aerobic and sports conditioning, moves are intense. The class will improve your cardio, strength, burn calories, tone and get you to your fitness goal faster. The music will lift you up and inspire you to a new level in fitness.

### Body Pump

Weight training exercises are combined with great music to strengthen and shape your entire body. You choose the intensity by choosing your weight selection.

### RPM

No co-ordination required for this 45 minute cycle class. Great music inspires you through a range of riding terrains through the use of resistance, intervals, and variable speeds. No impact to joints and all fitness levels welcome as you are in control of your bike resistance.

### GRIT - Strength

30 minute HIIT (High Intensity Interval Training) Not for the faint hearted. This high speed dynamic workout will have you gasping for breath as you use barbell, plates and your own bodyweight to get your body training harder than ever before. Medium to high level of fitness recommended.

### Sandbells Circuit & HIIT

Made of tough stretchy neoprene and filled with sand, the sandbell is the most versatile and functional weight training tool on the market. You will have fun in these 30 or 45 minute classes where you will be throwing, catching, lifting, slamming and dragging the sandbells to get your heart rate up, build strength and burn major calories.

### New participants, injuries, pregnancy?

If you are a New participant (first time to the class style), have Injuries, are Pregnant or other special concerns, please arrive 5 mins early to class and advise your Instructor before class commences. This way they can make variations and suggestions for your specific needs.

### Yoga Hatha

A Gentle yoga. With more focus on meditation, breathing and holding poses for longer periods of time. It is a great introduction to yoga. It is the branch of yoga which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama) and meditation (dyana) with the goal of bringing about a sound, healthy body and clear peaceful mind.

### Yoga Power Flow

A dynamic Yoga class that uses breath in an energizing sequence of poses to link body and mind. The class incorporates some strong, powerful and long holds which increase concentration, focus and body tone. The class is finished off with a few minutes to de-stress while being guided to a state of relaxation.

### Pilates Mat

Long lean muscles and a strong core are the main benefits from this class. Challenging upper and middle body work out, with no impact to the joints. Come and see why this class is so popular at South Pacific City.

### Introduction to Pilates Reformer

First Friday of each month we hold a 30 minute introduction class. If you are comfortable with mat pilates and are looking for a way to strengthen your muscles and help maintain a symmetrical and revitalized body then take the next step and try reformer pilates (Bookings essential)

### Pilates Reformer

Using Pilates Reformer beds, this open level class is for those looking to try more Pilates exercises with benefits of spring loaded equipment to work the entire body. Recommended for participants who have been to a minimum of 8 Pilates mat classes. Class is impact free and results are attained in a quick 45 minute format. (Bookings essential)

### Reformer Int - Adv

Take the next step, after completing at least 8 open level Reformer classes, this class moves into more challenging Pilates work. A base knowledge for Pilates is required. (Bookings essential)

### Reformer Bookings

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### Body Balance

Is a blend of Yoga, Tai Chi, Pilates and Stretch. Routines are pre-choreographed to uplifting and inspiring music. This class will benefit all patrons, fitness levels and genders. No impact and safe for joints, lower options are available. Benefits of this program are building flexibility and strength while leaving you feeling centered and calm.