

# Hampton class descriptions

**BODY BALANCE** - A pre-choreographed mind/body program combining Yoga, Tai Chi & Pilates accompanied by gentle music.

**BODY BAR** - Low-impact class using a step that will give your body a complete workout using weighted bars and dumbbells. This class works all muscle groups with a focus on correct lifting techniques.

**BODY PUMP** - Strength training class using gym exercises with barbells. No aerobics or coordination required – work at your own weight. Results are guaranteed.

**BOXCIRCUIT** - Cardiovascular exercise utilising proven boxing training techniques. An enjoyable way to achieve fitness, muscle tone and weight loss. Experience the fitness benefits enjoyed by boxers without the physical contact. Suitable for men, women and children from 14 years.

**BOXING** - Using individual punch bags this class teaches punch/kick techniques, is high energy & motivating. Great for both men & women.

**CHI BALL** - Using colour and aromatherapy in a small soft handheld ball, the class encompasses dance, Tai Chi, Pilates, Yoga and relaxation. Low impact and low to medium intensity – you will feel rejuvenated yet calm after this class.

**ENERGISE & TONE** - Fun, dynamic circuit class in group fitness room utilizing varied fitness equipment, weights and fitballs, medium to high intensity cardiovascular workout. Starts your day off well

**FT** – Functional training sessions are designed to test your strength and conditioning using innovative and highly effective routines maximizing your results. A class very popular with both male and females.

**FIT55** - 55 minutes of creative and highly effective Functional Training. This is a straightforward athletic style workout using body weight, free-weights, steps, kettle bells, slam ball and other forms of exercise. Easily adapted to any fitness level.

**LIA** – Low Impact Aerobics.

**Mat and Stretch PILATES** - A popular body conditioning system centering on your core anatomy. Body alignment, breathing and strengthening abdominal muscles are essential to this technique. Your Pilates workout will assist and benefit you not only in other classes but life itself! Stretch Pilates has a stronger focus on improving flexibility. Class is suitable for beginner and intermediate level participants.

**MEDITATION** -30 min Guided Meditation Class incorporating deep relaxation techniques .

**OUTDOOR ADVENTURE** – Varied outdoor activities (may include running) using body weight exercises and other equipment incorporating sand, grass and ramps. Take it outdoors and have some fun.

**RUNING GROUP** – Suitable for beginners to advanced runners. Varying interval runs involving track work and hills.

**SENIOR CIRCUIT**  
Join a great group of friendly ladies and gentlemen of all ability levels in this lively circuit style class. All exercise can be modified to accommodate any injuries or special needs.

**SPIN** - Stationary indoor cycle class. Work at your own pace.

**SPIN FIT** - A 1 hour class commencing in the spinning room. The first component of this class is spin followed by a variety of different cardio vascular and conditioning exercises designed to challenge and motivate.

**SUNRISE SURPRISE** – Fun, dynamic circuit class in group fitness room utilizing varied fitness equipment, weights and fitballs, medium to high intensity cardiovascular workout that starts your day off well.

**THT - TUMMY, HIPS & THIGHS.** Low energy aerobics class concerned with isolation work for tummies, hips and thighs. Suitable for all levels.

**TOTAL WORKOUT** - A total body toning workout using a step and hand weights. A great all round workout.

**TRX** - Suspension strength training incorporating core strength work and large muscle groups working together through a series of exercises using all the muscles in the body. Starting with shorter working intervals and longer transition periods in order to familiarize yourself with the TRX and its exercises you can work up to the advanced programs as your fitness level increases.

**YOGA** - Floor work & stretching exercises, excellent for improving flexibility, balance, breathing, healing specific ailments and enlightening the spirit.

**YIN YOGA** - Targets deeper connective tissues using passive and sustained postures to encourage deep relaxation and mobility.

**ZUMBA** - All the rage from Hollywood to Europe, Zumba combines Latin, African and Bollywood rhythms. This unique class has a party atmosphere yet trains your body with intervals of intensity and body sculpting strength work.

**DEC 2017 / JAN 2018**

# Update

**24**  
Re-Creation  
24 Hour Health Club

**HAMPTON**



## Hampton

### Staffed Hours

Mon - Thu 8.00am – 1.30pm  
4.00pm – 8.00pm  
Fri - Sat 8.00am – 1.30pm  
Sun 8.00am – 12 noon

## Class Changes in December

### Saturday Morning

### Pump/Boxing Changes

Boxing with Andrew will now be at **8.30 am** from 2<sup>nd</sup> December

The Pump Classes will move to **9.30 and 10.30 am** commencing

Sat 9<sup>th</sup> December

Thursday afternoon Fit 45 and Pump change.

Both these classes are consistently well below 10 in numbers so now there will be just the Body Pump class which will run at 5.30pm. When the new club opens and member numbers increase we plan to offer classes at 4.30 pm on several days and we will restore this class then.



## We wish you a Happy and Healthy Christmas

### Perfect Gym Our new software system commences this month.

In anticipation of the opening of the new Trackside we are upgrading our software system and changing our debit company.

The new software will enable you to access your membership details and make payments through a member portal. You will also be able to put your own membership into suspension rather than having to go to the hassle of contacting us.

Our new billing company is Integra Pay and they are amongst the biggest and most trustworthy worldwide. From now on you will see payments for your membership marked as "IPay ReCreationhc".

The good news is that they can process the transaction for \$150 rather than \$195 and this saving will be passed onto you. Your membership fees remain the same.

### New Suspension System NOW ACTIVE

"Perfect Gym" manages suspensions differently. Rather than a flat fee of \$11 as we have now the new system will charge a nominal fee of \$5 per fortnight. You can suspend for a minimum of 2 weeks with an unlimited maximum. The portal will be active soon but in the meantime please request suspensions in the same way by emailing us at [trackside@recreationhealthclubs.com.au](mailto:trackside@recreationhealthclubs.com.au) or by filling out the suspension form at reception.

Remember all Christmas holiday suspensions must be in by Wednesday 20<sup>th</sup> December.

## Reduce paper waste. Email your feedback

Thankyou to all those who have been using the new email feedback system rather than the paper notes. Your feedback goes straight to Joanne's email so you can be sure that it is taken seriously

[feedback@recreationtrackside.com.au](mailto:feedback@recreationtrackside.com.au)



## Christmas New Year Timetable

Please refer to the Christmas /New year timetable for times and classes over this period. The regular schedule will apply prior to and after these dates. We have had many requests for classes at times such as 7.30am and 4.30 pm when the new club opens. This feedback is valuable and with the increased membership base we will be able to offer more classes and open up new timeslots. Please email your requests to [feedback@recreationtrackside.com.au](mailto:feedback@recreationtrackside.com.au).

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1/350 Hampton Street, Hampton 3188 PH: 9598 8047  
EMAIL: [trackside@recreationhealthclubs.com.au](mailto:trackside@recreationhealthclubs.com.au) Fax: 9521 9034 [www.recreationhealthclubs.com.au](http://www.recreationhealthclubs.com.au)  
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# ReCreation HAMPTON Timetable

## STUDIO 1 (Front room-carpet floor)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.45am			Spin FT Pt 2 (Andrew T)				
8.30am	MAT PILATES (Tina)	PILATES (Caro)		YOGA (Felicity)	THT (Kate)	YOGA (Cindy)	
9.00am							YOGA (Juan)
9.15am	STRETCH/ PILATES (Tina)						
9.30am		YOGA (Stephanie)	YOGA (Ellen)	TRX (Andrew T)	FIT55 (Eloise)	YOGA LATES (Sally)	
10.00am							YOGA (Fiona)
10.30am	SENIOR CIRCUIT (Anna)	SENIOR CIRCUIT (Anna)	TRX CIRCUIT (Andrew T)	SENIOR CIRCUIT (Anna)	SENIOR CIRCUIT (Anna)	PUMP (Michael)	
11.30am			SENIOR CIRCUIT (Andrew T)				
3.30pm						YOGA (Felicity/Juan)	
5.00pm				PILATES (Caro)			
5.30pm	BODY BAR (Glenny)	FIT55 (Kate)	PILATES (Maree)				
6.30pm	YOGA (Larissa)	POWER YOGA (Chloe)	YOGA (Valerie)	YOGA (Chloe)			

## SPIN STUDIO

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	ELOISE						
6.15am			ANDREW T (Spin FT Pt 1)	PETA	CARO		
7.00am			CARO (Pt 1)				
7.45am						PETA	
8.00am			ANDREW T				
8.30am					BRIDGETTE	PETA	
8.45am		KATE					
8.45am	ANDREW T		ANDREW T	ANDREW T			ANDREW T
9.15am					BRIDGETTE		
9.30am	ANDREW T	KATE		PETA		CARO	ANDREW T
5.15pm						ANDREW T (Spin FT)	JEAN-CLAUDE (Spin FT)
5.30pm	CARO	STACY					
6.15pm			PETA	KATE			
6.30pm	ANDREW T	KATE (Spin FT)					

## STUDIO 2 (Back room-floorboards)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.10am	SUNRISE SURPRISE (Helen V)		ENERGISE & TONE (Helen V)				
6.15am		PUMP (Chez)		PUMP (Sharon)			
7.00am	FIT55 (Kate)		FIT55 (Caro Pt 2)		FIT55 (Caro)		
7.45am				ZUMBA EXP 45 (Laura)			
8.30am	PUMP (Edward)	CHAIR (Anna)	BARRE (45 mins) (Mandee)	BARRE 50 minutes (Sarah K)	CHAIR (Anna)	BOXING (AndrewT)	
9.00am							
9.25am				PUMP (Edward)			
9.30am	TOTAL WORKOUT (Merryl)	THT (Helen Mc)	LIA (Caro)		BARRE/BALANCE (Kate)	PUMP (Michael)	ZUMBA (Steph Ta)
10.30am	YOGA (Valerie)		YIN YOGA (Larissa)	YOGA (Chloe)	YOGA (Larissa)	ZUMBA (Diana)	FIT55 (AndrewT)
10.45am		PILATES (Tina)					
11.30am	CHI BALL (Rebecca)		TAI CHI (Pat)	ZUMBA (Luda)	MEDITATION (Larissa)		
12 noon		BARRE DANCE (Tina)					
4.30pm							ZUMBA (Hennika)
4.45pm							
5.30pm	BOXING (Andrew T)		PUMP (Patricia)	PUMP (Viv)		Spin FT Pt2 (AndrewT)	Spin FT Pt 2 (Jean-Claude)
5.45pm		ZUMBA (Luda)					
6.00pm					YOGA (Darren)		
6.30pm	ZUMBA (Glenny)	PUMP (Fleur)	FIT55 (Eloise)				
6.45pm				BOXING (AndrewT)			

## OUTDOOR CLASSES

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
8.00am						OUTDOOR ADVENTURE (Helen)	
9.20am		RUN GROUP (Helen)					

### Admin Office Closes Wednesday 20<sup>th</sup> December SUSPENSIONS MUST BE IN BY WED 20<sup>th</sup> Dec

Our Admin office cannot process membership suspensions or cancellations between Wednesday 20 the December and Wednesday 3<sup>rd</sup> January 2018.  
Please provide admin with all of your membership variations prior to this date.

