

# Trackside class descriptions

**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.

**BOXfit** - 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.

**DANCE VIBE** – Fun dynamic dance moves incorporating Latin to American Swing and Salsa to Tango. Caters for all ages and levels. You are guided through the steps. A fun new 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.

## PILATES REFORMER

1 hour class conducted on Plates reformer beds. One of the worlds most effective and enduring exercise forms. 15 beds. Bookings essential. Call the club or book at reception.

**RUNNING 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.

**THE MIX** – The latest dance workout class with hip hop movement to the current music trends. A real hit!

**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.

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

**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 2018 / JAN 2019

24  
Re-Creation  
24 Hour Health Club

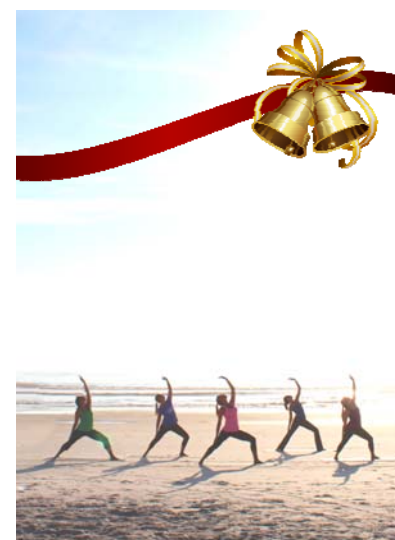


# Update

TRACKSIDE

## Staffed Hours

Mon-Thu	7:30am – 8.00pm
Fri	7:30am – 6.30pm
Sat	7:30am – 2.00pm
Sun	8:00am – 2.00pm



## Visit Sorrento & enjoy Silent headphone beach Yoga

If you are holidaying on the Mornington peninsula don't miss a visit to Sorrento Re-Creation and the famous Silent headphone beach yoga classes. **Classes are \$10 for Re-creation Trackside members.**

From Friday 28<sup>th</sup> Dec to Jan 20. Just show up .

## We made it!

Although there have been lots of ups and downs there is one thing that has made the journey to our brand new club so much easier and that is the unfailing support of loyal members like you who have stuck by us no matter what. We have been surrounded by people who understand that not everything will go as planned; who realise the difference between a small inconvenience and a really significant problem, who give support even though they may not be across all the background issues and who love our club our community and all that we stand for.

How fortunate we are to have such a talented and loyal team of staff who have supported us through the past 2 years and maintained the highest professional standards. Having said all that we now have some more news which we hope will be embraced with the same understanding. Although the building and the Gym have been built to regulation and designed to minimise acoustic transference there is still a problem when very heavy weights are dropped on the Gym floor. Noise and vibration can be felt in the apartments above so our solution has been to build another 24/7 Gym facility at the old site at 350 Hampton st and make that our afterhours facility. Essentially this is simply an extra room on the club but just 200 meters away. **All Trackside members will get automatic free entry and your existing finger print or tag will work immediately to open the door.**

You will be amazed at the complete refurbishment of the change rooms and the entire facility. The light filled Gym will have all new Matrix and Australian barbell equipment. There is a fabulous open cardio and training space for TRX, Boxing and FT classes which will be transferred to this location mid-December.

Once this club (which we jokingly called Train Rec and then decided, Why Not!) opens the current Trackside club will close during night time hours. **New hours will be 6am-10pm mid week and 7am-6pm on weekends.** We've loved the year that was and we look forward to an even more exciting year ahead

*Merry Christmas everyone  
Jo and Bern.*



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