

Trackside 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.

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.

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 .

Pilates Reformer

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

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.

OCTOBER 2018

Update

24
Re-Creation
24 Hour Health Club

TRACKSIDE



Staffed Hours

Mon-Thu 7:30am – 8.00pm
Fri 7:30am – 6.30pm
Sat 7:30am – 5.00pm
Sun 8:00am – 2.00pm



More Reformer

Thankyou for your feedback asking for additional Reformer classes later in the evening

Please support these 2 new classes

Monday, Tuesday
7.30pm with Mel,
commencing
8th & 9th October

Wednesday
7.30pm with Mee
commencing 10th
Oct

TrainRec is coming!

Our new 24/7 mini club is on schedule for November opening. Located at 350 Hampton st in the previous temporary facility the space has been totally gutted and will be completely new. All Trackside members will be able to access this club free of charge and classes such as Boxfit and TRX will run from this location. The Fit Studio will have 4 rowers/4 hanging bags/ 4 spin bikes and lots of functional toys to make classes interesting. There will be hanging space for 30 TRX units so this will also be a great advantage. The gym will feature the same strength equipment that we now have at Trackside but with the addition of full squat racks, smith machine and lying leg curl.

Class changes

Fridays Senior circuit , Dance Vibe and Yoga meditation changes

The senior Circuit will be reinstated at 10.30am on Fridays. Dance Vibe (formerly known as senior swing) will be at 11.30am with Joseph. This is a great class for all ages and ability levels. Please support by coming and bringing friends **FREE** in October. The Yoga Meditation class at 11.30 on Fridays has been moved to Wednesdays so that dance vibe can get into the room at 11.30 rather than 12 noon.

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