

## 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.

**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.

**JULY 2018**

# Update

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

**TRACKSIDE**



### Hampton Staffed Hours

Mon-Thu	8.00am – 8.00pm
Fri	8.00am – 4.00pm
Sat	8.00am – 1.30pm
Sun	8.00am – 12.00pm

### Air-conditioning

We are aware of the problem with the Club being too hot. We are working with the mechanical suppliers to see if the factory settings can be lowered especially in the spin room.

### Yoga Noise

Noise from surrounding rooms mainly comes when the studio doors are kept open. It is important that all doors are closed when classes are in progress.

### Acoustics

We will be improving the acoustics in several rooms and in particular the Mind Body room by installing acoustic panels.

### Scales

We are happy to provide body weigh scales to both change rooms later this month.

### In memory of old Trackie

It's great to be back on the railway station in a brand-new club but we all have a special place in our hearts for the old Trackie. So, we saved some bricks from the demolition and these make up the back drop behind reception. A little reminder of the 6 amazing decades that this club has given to the local community. As with any big move we are working through a range of issues. Your feedback is important to us so we will establish a feedback box at reception for ease in communication with us.

### Booking System for Reformer

Soon we will be replacing the manual sign in sheets with an online booking system that can be managed through the Perfect Gym portal. Instructions will be advertised during the month. In the meantime, we will continue with the manual system.

### Class Timetable

The time table for this month will remain much the same however we are gathering feedback to make class additions and changes for next month. Please use the feedback box provided at reception.

### Salt room now open

Members receive 2 free salt sessions per fortnight. There is a reader on the door that will enable you to enter twice over 2 weeks. At first, we want to open the room for use without having to book so that we can monitor demand. Later a booking system may be required during peak times. There are 8 beds and we ask that you keep your sessions to around 15-20 minutes this month so that as many people as possible get to experience the Salt Room. There will be a waiver to sign at the front desk before you go in for the first time so make sure that you do this on your first visit. Information pamphlets on how the salt room works and the benefits are available from reception.



### Birthday Celebration! Norma at 90 Kicks up a storm

Norma Abraham is turning ninety years old and credits much of her wellbeing to the adult Ballet class that she does at Trackie on Tuesdays at midday. This wonderful class taught by Tina attracts a variety of ages and is one of the best movement methods to train the brain as well as the body. Birthday celebration for Norma. **Tuesday July 24<sup>th</sup> 12.00pm**  
**Bring a plate or drink . Everyone welcome**

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