

ReCreation Trackside Timetable

GROUP FITNESS ROOM

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	SUNRISE SURPRISE Helen				ENERGIZE & TONE Helen		
6.15am		BODY PUMP Chez		BODY PUMP Sharon			
6.45am			SPIN FT [2] Andrew				
7.00am	FIT 55 Andrew		FIT 55 Kate		FIT 55 Peta		
7.45am		ZUMBA EXPRESS 45 Chelsea	8.30am THT Kate	ZUMBA EXPRESS 45 Chelsea			
8.30am	PUMP Viv	CHAIR Anna	8.45am TRX Andrew T	TRX CIRCUIT Andrew T	THT Kate	8.45am BOXFIT Andrew T	
9.30am	TOTAL WORKOUT Merryl	THT Merryl	LIA Bridget	BODY PUMP Caroline	FIT 55 Casey Train.Rec	BODY PUMP Michael	9am BODY PUMP Viv
10.30am	SENIOR CIRCUIT Anna	SENIOR CIRCUIT Anna	SENIOR CIRCUIT Andrew T	SENIOR CIRCUIT Anna	SENIOR CIRCUIT Anna	BODY PUMP Michael	FIT 55 Andrew T
11.30am							
4.30pm							
5.00pm		FIT55 Eloise		Fit 55 Arron			FIT55 Arron
5.30pm	BODY PUMP Tim	FIT 55 Kate	BODY PUMP Patricia	BODY PUMP Viv			
6.00pm			(5.30pm) FIT 55 Casey				
6.30pm	BOXfit Andrew			6.45 BOXfit Andrew T			

Shaded Classes will run from Train.Rec – 350 Hampton Street, Hampton

SPIN STUDIO

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	Julie						
6.15am			SPIN FT [1] Andrew	Peta	Peta		
7.45am			Andrew			Peta	
8.30am					Bridget	Peta	
8.45am	Andrew T	Kate	Bridget	Peta			Andrew T
9.15am					Bridget		
9.30am	Andrew T	Kate		Andrew		Merryl	Andrew T
5.15pm							
5.30pm	Andrew T	Stacy					
6.15pm		Eloise	Merryl	(6.00pm) Mikhael			
6.30pm	Mikhael						

STUDIO 2 (MIND BODY ROOM)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	WARM YOGA (Larisa)		WARM YOGA (Larisa)				
8.30am	MAT PILATES Tina	MAT PILATES Merryl	BARRE 45 Mandee	BARRE 50 Sarah	CHAIR AEROBICS Anna	YOGA Cindy	WARM YOGA Juan
9.15am	MAT PILATES Tina						
9.30am		YOGA Stephanie	YOGA Ellen	YOGA Felicity	BARRE/BAL Kate	YOGALATES Ellen	YOGA Felicity
10.30am	YOGA Valerie		YIN YOGA Larisa	RESTORATIVE FLOW YOGA Chloe	Yoga Larissa	ZUMBA Diana	ZUMBA Stephanie
10.45am		MAT PILATES Tina					
11.30am			Meditation Larissa	ZUMBA Yenny	DANCE Gigi		
12 noon		Barre Dance Tina					
3.30pm						HEATED YOGA Felicity/Larisa	
5.00pm	Barre Sarah				ZUMBA Lisa		ZUMBA Melque (4.30)
5.30pm			YOGA Heidi	PILATES Maree			
5.45pm							
6.00pm	ZUMBA Lisa				YOGA Darren		
6.30pm		POWER YOGA Stacey					
7.00pm	YOGA (Larisa)		YOGA Valerie	YOGA Larisa			

• Warm Yoga – please note that heat panels will not be used when outdoor temperature exceeds 25 degrees Celsius.

OUTDOOR CLASSES

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

REFORMER

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7.00am			Mandee				
8.30am					Anel		
9.00am						(9.15am) Larisa	
9.30am	Bridget	Alice	Mandee	Alice	Anel		Mandee
10.15am						Larisa	
10.30am	Bridget	Alice	Bridget	Alice	Anel		Mandee
11.30am	Intro reformer Viv						
5.30pm		Larisa	Maree				
6.30pm	(6.00pm) Bridget	Caro		(6.00pm) Larisa			
7.30pm	(7.00pm) Bridget	Caro					

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

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.

March 2020

Update

Labour Day Holiday 8am-12
Monday 9th March

8.30 am Pump
Mat Pilates
8.45am Spin
9.30am Total Workout
Pilates Reformer
Mat Pilates
10.30 am Senior circuit
Yoga
Reformer Pilates

Class Changes:

Thanks to everyone who provided suggestions for classes this month. The suggestions were extremely varied with very few patterns emerging. There was however numerous requests for Zumba after 6 pm. Please continue to use the box in the change room to add suggestions for next month.

Tuesdays. 6pm TRX
Cancelled due to low numbers BUT replaced by **NEW CLASS**, SPIN at 6.15 at Trackside.

(Eloise will teach the Spin class instead of the TRX)

Wednesdays

Time Change. 6pm Fit 55 with Casey moves back to 5.30 pm

Fridays

New Zumba class at 5pm with Lisa

Red Flags

Thursday Fit 55, **Monday** 7 pm reformer, **Tuesday** 7.30 pm reformer, **Thursday** 6 pm Reformer, **Friday** 10.30 am reformer. **Friday 11.30** Dance Vibe

24
Re-Creation
24 Hour Health Club

TRACKSIDE



We're picking up our game!

We are constantly looking for ways to improve the experience that members have when they visit our club. One of the areas that we have feedback on is the way that we handle member feedback, requests and difficult moments at the front desk. To be honest it is hard being at the front line and our staff are all wonderful caring people who only want to do their best however we have all agreed that we can do even better. So during this month we hope that you notice a positive change and we welcome your feedback be it good or constructive in helping us achieve higher standards. Here are some things that we want to implement this month.

- Smarter uniforms, name tags and grooming.
- Standing, smiling and listening and responding enthusiastically when members approach the desk.
- Learning members names.
- Having more answers to questions and being more active in providing answers.
- Ensuring that complaints are handled with empathy and action.
- Making members feel like VIPs.

All of us from management down need to take responsibility for improvements in member experience and we are committed to lift our game but there is something else that needs to be said.

Members also need to understand that the front desk staff are doing their best and when things go wrong it's easy to take your frustration out on them. We have a duty of care to protect our staff from abusive situations so if there is something that has really upset you please let the desk know calmly and feel free to email the club at trackside@recreationhealthclubs.com.au where your concerns will be passed onto the managers/owners.

Member Feedback book returns.

A while back we had a member feedback book located at reception where members could write a quick comment which was read daily but managers/owners. It was convenient way to communicate for both members and management however we were forced to remove the book when comments became hurtful, personal and distressing to instructors, staff and management.

Naturally is acceptable to indicate if something is not up to standard, broken, unclean, equipment suggestions, inconvenient, not on time, too hot, too cold, too loud, too early, too late or anything at all that would make your visit more enjoyable. We especially like to hear about great instructors and classes that you like as well as positive feedback in general. So, we are prepared to try again!

The member feedback book will be located at reception and can be accessed during staffed hours. **We look forward to hearing from you.**

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