

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 Caro		FIT 55 Caro		
7:45am		ZUMBA EXPRESS 45 Chelsea			ZUMBA EXPRESS 45 Chelsea		
8.30am	PUMP Viv	CHAIR Anna	TRX Andrew T	TRX CIRCUIT Andrew T	THT Kate	BOXfit Andrew T	
9.30am	TOTAL WORKOUT Merryl	THT Helen Mc	LIA Caro	BODY PUMP Caroline	FIT 55 Eloise	BODY PUMP Michael	
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				ZUMBA Luda			
4.30pm							ZUMBA Pedro
5.00pm							
5.30pm	BODY BAR Merryl	FIT 55 Kate	BODY PUMP Patricia	BODY PUMP Viv			
6.30pm	BOXfit Andrew	BODY PUMP Fleur	FIT 55 Peter				
6.45pm				BOXfit Andrew T			

SPIN STUDIO

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

STUDIO 2 (MIND BODY ROOM)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	HOT YOGA (Larisa)		HOT YOGA (Larisa)				
8.30am	MAT PILATES Tina	MAT PILATES Caro	BARRE 45 Mandee	BARRE 50 Sarah	CHAIR AEROBICS Anna	HEATED YOGA Cindy	HEATED YOGA Juan
9.15am	MAT PILATES Tina						
9.30am		YOGA Stephanie	YOGA Ellen	YOGA Felicity	BARRE/BAL Kate	YOGALATES Sally	YOGA Fiona
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		Dance Vibe Joseph		
12 noon		BARRE DANCE Tina					
3.30pm						HEATED YOGA Felicity/Larisa	
4.30pm							
5.00pm	Barre Sarah			PILATES Caro			
5.45pm		ZUMBA Luda	YOGA 5.30pm Heidi				
6.00pm	ZUMBA Laura			THE MIX	YOGA Darren		
6.30pm		POWER YOGA Chloe	PILATES Maree				
7.00pm	YOGA (Larisa)			YOGA Chloe			
7.30pm			YOGA Valerie				

OUTDOOR CLASSES

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

REFORMER

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7.00am			Mandee				
8.30am					Marcela		
9.00am						Larisa	Elaine
9.30am	Bridget	Alice	Mandee	Alice	Caro		
10.00am						Larisa	Mandee
10.30am	Bridget	Alice	Bridget	Alice	Caro		
11.00am						Larisa	Mandee
5.30pm	Caro	Larisa	Maree	Jason			
6.00pm					Maree		
6.30pm	Melinda	Marcela		Jason			
7.30pm	Mel	Mel	Mee				

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.

Like us on facebook.....facebook.com/recreationhealthclubs

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