

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 Laura			
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 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							SPIN FT Jean Claude
5.30pm	BODY PUMP Tim	FIT 55 Kate	BODY PUMP Patricia	BODY PUMP Viv			
6.30pm	BOXfit Andrew	BODY PUMP Kristel	FIT 55 Peter				
6.45pm				BOXfit Andrew T			

CLASSES MARKED IN YELLOW will run from TrainRec – 350 Hampton Street

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	
5.30pm	Andrew T	Stacy					
6.15pm			Merryl	SUE			
6.30pm	Dyah						
6.45pm		Peter					

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 Caro	BARRE 45 Mandee	BARRE 50 Sarah	CHAIR AEROBICS Anna	WARM YOGA Cindy	WARM 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				
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				YOGA Darren		
6.30pm		POWER YOGA Chloe	PILATES Maree				
7.00pm	YOGA (Larisa)			YOGA Chloe			
7.30pm			YOGA Valerie				

- 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						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	Larisa			
6.00pm					Maree		
6.30pm	Melinda	Marcela		Larisa			
7.30pm	Melinda	Marcela	Mee				

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 28th 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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