

ReCreation Trackside Timetable

GROUP FITNESS ROOM

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6:15am		Pump Shaz		Pump Georgie			
7.00am	Fit55 Andrew		Prime Movers Larisa		FIT 55 Mark		
8.00am		Core Plus Jo					
8.30am	Pump Maria					Pump Michael	
9.00am							PUMP Viv
9.30am	TOTAL W/OUT Merryl	Pump Georgie	LIA Bridget	PUMP Caroline C		Pump Michael	
10.00am							
10.30am	SENIOR CIRCUIT Anna	SENIOR CIRCUIT Caroline		Senior Circuit Caroline C	SENIOR CIRCUIT Anna		
11.45am							
5.30pm			PUMP Patricia	PUMP Fleur			

SPIN ROOM

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15am	Starting May Spin		Spin FiT Andrew	Steve			
7.45am						Peta	
8.30am						Peta	
8.45am	Andrew	Jo	Bridget	Peta			
9.15am							
9.30am				Peta	Bridget		Andrew
9.45am							
5.30pm	Andrew						
6.00pm		Eloise					
6.30pm				Spin FiT Andrew			

Fit @ Home – Participate in classes at home through our live stream cameras. To gain access please email trackside@recreationhealthclubs.com.au for a member password.

Red Flags May

Tuesday 6.30pm Yoga.

Thursday 6.15 am Pump

Wednesday 6am Yoga/8.30am Barre Balance /6.30pm Yoga

STUDIO 2 (MIND BODY ROOM)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am			YOGA Larisa				
8.30am	Mat Pilates Alice	Zumba Yenny	Barre/Bal Merryl	Zumba Maryanne			Yoga Juan
9.30am	Mat Pilates Alice	Yoga Felicity	YOGA Ellen	Yoga Felicity	Barre/Bal Merryl	Yoga Terri	Yoga Juan
10.30am	Yoga Ellen		Meditation Ellen		Yoga Larisa	Zumba Diana	Zumba Barti
10.45am		Mat Pilates Alice					
5.30pm			YOGA Jyn				
6.00pm	Zumba Lisa						
6.30pm		yoga Stacy	Yoga Chloe				
7.00pm	Yoga Larisa			YOGA Larisa			

REFORMER

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7.00am			Tina				
8.30am	Bridget				Bridget		
9.00am							
9.30am	Bridget	Alice	Viv Hall	Alice		Larisa	Maree
10.00am							
10.30am			Bridget	Alice		Larisa	
11.15am							
5.30pm	Sarah		Maree				
6.00pm							
6.30pm	Sarah	Caro		Joel			
7.00pm							
7.15pm							

Please note... Barre Class with Merryl on Friday is limited to 25 so we encourage members to book for this class. Understand that if the class is full and you do not have a booking you may not be able to participate. We have scheduled another class at 8.30am on Wednesdays which has plenty of room so consider this class if Friday is booked out.

Trackside class descriptions

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.

Core Plus- 40 min floor class with a focus on Abdominal, back and glute strength. Incorporates stretching and spine mobility. Especially good for those who sit at a desk for long periods.

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 Plates reformer beds. One of the worlds most effective and enduring exercise forms. 15 beds. Bookings essential. Call the club or book at reception.

BODY PUMP - Strength training class using gym exercises with barbells. No aerobics or coordination required – work at your own weight. Results are guaranteed.

BARRE/BAL- Barre Classes are a fusion of Pilates Ballet and Fitness. Dedicated Barre studios are popping up all over the USA and across Europe. The typical class uses light hand weights, rubberised tubing and Pilates balls to create a challenging and effective workout for the whole body. This interesting concept is perfect for any age and fitness level.

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.

SWEAT 45 – HITT CARDIO

A high intensity interval training class using Ski Ergs, Assault Bikes, Rowers and Treadmills. Great cardio burn. Work at your own level.

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.

May 2021

Update

24
Re-Creation
24 Hour Health Club

TRACKSIDE



“The times they are a changing”

So said “The Seekers” in the 60s and it’s just as true today. We are seeing an interesting shift to more participation in morning classes with a reduction in the evening class numbers. It appears that more people have flexible work hours so do not need to come before or after the traditional 9-5 work shift. However for those who still require the early morning and later work times we have added classes and shifted some times around after work to make it possible for those members to get to class. Please bear with us as we are trying to accommodate as many needs as possible. As usual your feedback is most important so please keep letting us know your wishes.

9.00 am Saturday Morning FiTT class at E Brighton

Why not cross the Highway on Sat mornings and participate in E Brightons NEW Fitt class with fabulous Steve (he teaches spin 6.15 am Thursday here at Trackie and is super popular). Your membership will give you access so just show your Tag and sign in. Starts May 1.

Mates Rates

Half price Casual visits for members mates.

Members are welcome to bring family and friends to classes or a workout. If they are accompanied by you, they will get 50% off regular casual rates and pay \$10 per visit. If your mates are visiting with you after hours, they can place the \$10 into the Honour Box located at reception. Working out together is more fun so try inviting friends.

TRAINREC TIMETABLE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15AM		FIT 55 Casey					
8.30AM			TRX CIRCUIT Andrew				
9.00AM					8.45am FiT 55 Casey	BOXFIT Andrew	
9.30AM			Sweat 45 Andrew				
10.30AM							FIT 55 Andre w
5.30PM		5.00pm FIT 45 Eloise	5.00pm Sweat 45 Casey	Sweat 45 Joel			
6.30PM	BOXFIT Andrew		6.00pm FIT 55 Casey				

STAFFED HOURS

Monday - Thursday

8.00am - 8.00pm

Friday

8.00am – 3.00pm

Saturday & Sunday

8.00am - 12pm

May Changes!!

Monday Morning
Reformer classes will now be at 8.30am and 9.30 am
NEW...

Matt Pilates class at 9.30 am
with Alice.

Tuesday NEW Fit 55
class with Casey 6.15 am at
Train Rec commencing 4th
May.

Wednesday
Fit45 classes in the evening
at Train-Rec with Casey will
now be at
5 pm and 6 pm.

Yoga with Chloe Earlier
time. Now at 6.30 pm.

Thursday
TRX changes to 6.30 pm Spin
FIT with Andrew T and will be
located at Trackside (due to
low numbers in the TRX class)

Friday
9.30am Fit 45 at Train-rec
cancelled due to low
numbers. Please come to
the 8.45 am Fit 55 instead.

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