

CAULFIELD RECREATION CENTRE GROUP FITNESS TIMETABLE

Commencing 30 October 2021



STUDIO 1

Classes are 45min unless marked
^ indicates 55min classes

	MON	TUE	WED	THU	FRI	SAT	SUN
8.30am	Activate Lite	Virtual Cxworx	Virtual Cxworx	Activate Strength	Virtual CXworx	BodyPump	Virtual Sh'bam
9.30am	BodyPump	Activate Strength	Pilates	Zumba	BodyPump	Zumba	BodyStep
10.30am	Virtual Cxworx	Activate Lite	Barre	Virtual BodyPump	Sh'bam	Virtual CXworx	Yoga
11.30am	AAEP	Virtual BodyPump	AAEP				
5pm	Virtual Cxworx	Virtual GRIT	Virtual BodyCombat	Virtual BodyPump			
6pm	Zumba	BodyStep	BodyPump	Barre			

CYCLE

	MON	TUE	WED	THU	FRI	SAT	SUN
8.30am						Virtual RPM	
9.30am	Virtual RPM	Virtual Sprint	Virtual RPM	Virtual Sprint	Virtual RPM		Virtual RPM
10.30am		Virtual RPM	Virtual RPM				
6pm	Virtual RPM	Virtual Sprint		Virtual RPM			

REFORMER

	MON	TUE	WED	THU	FRI	SAT	SUN
8.30am					Stretch, Flex & Core	Fundamentals	Strength
9.30am	Activate	Fundamentals	Stretch, Flex & Core	Fundamentals	Activate	Stretch, Flex & Core	
10.30am	Stretch, Flex & Core	Activate	Strength	Stretch, Flex & Core			
6pm	Stretch, Flex & Core						
7pm	Strength	Strength		Stretch, Flex & Core			

CLASS DESCRIPTIONS

LES MILLS PROGRAMS

BodyPump 45/55 mins
The original barbell class that strengthens and tones your entire body to ensure you get results fast.

Les Mills Core 30 mins
Honing in on your abs, glutes, back, obliques and 'slings' connecting upper and lower body.

Les Mills Tone 45mins/55mins
Combining High Intensity Interval based cardio (HIIT) with Strength and Core training, this class will get you results fast. Designed to optimise your training to tone and shape your entire body, HIIT cardio burns big calories, while strength and core training builds lean muscle tissue.

BodyBalance 45/55 mins
A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm.

BodyCombat 45/55 mins
The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.

BodyStep 45/55mins
An energising step workout including adjustable step height and simple moves that will push fat burning systems into high gear.

Sh'Bam 45/55 mins
Sh'Bam features simple dance moves, set to a soundtrack of chart-topping popular dance hits. It's the ultimate fun and sociable way to exercise.

CRC UNLIMITED

Fast and Furious 55 mins
An inclusive, all abilities program designed for anyone with a disability able to follow directions and requiring minimal support.

ACTIVE AGEING EXERCISE PROGRAM

We offer a variety of exercise programs designed for older adults who are either wanting to start exercise for the first time, returning to exercise or wanting to maintain or increase their activity level. This is a specialised program that requires medical clearance and enrolment form to be completed. See our website for more details about this program.

ACTIVATE PROGRAMS

Activate Lite 55 mins
Designed for older adults who are starting their exercise journeys, have injuries or concerns or simply want a lighter paced workout. Classes will include supported strength work, as well as functional movement and mobility.

Activate Strength 45/55 mins
Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults. A more challenging workout than Activate Lite.

Activate Circuit 45mins
Strength and cardio circuit specifically designed for older adults of all fitness levels.

Sh'Bam 45 mins
Sh'Bam features simple dance moves, set to a soundtrack of chart-topping popular dance hits. It's the ultimate fun and sociable way to exercise. Activate Sh'Bam is lower impact and more suitable for older adults.

GEL TEAM TRAINING

HIIT 45 mins
High Intensity Interval Training – 45 minutes of interval based training, work as hard as you can and then recover. HIIT is scientifically proven to get results fast. Your HIIT trainer will coach you through your efforts keeping you working hard and training smart.

Cycle 45 mins
A 45 minute indoor cycling class. During this high intensity non-impact class, your instructor will take you through different terrains challenging your cardiovascular fitness levels and building strength in your legs and joints.

RPM 45 mins
Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.

SPRINT 30mins
High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Personalised coaching with intervals of strength, speed and power will push you to the max.

VIRTUAL FITNESS

Virtual Fitness classes are conducted in both the Cycle Studio and Group Fitness Studio. Classes are conducted with a virtual instructor/s. Please ask staff for assistance if needed.

FREESTYLE PROGRAMS

Zumba 45/55 mins
Zumba is the Latin-inspired dance-fitness program that blends red-hot international music, and contagious steps to form a fitness party that is downright addictive.

Pilates 45/55 mins
Pilates techniques with abdominal work, functional strength training and stretching.

Boxing 45 mins
Combining dynamic cardio and strength drills. Boxing glove liners are compulsory for hygiene purposes.

Yoga 45/55 mins
Floor work and stretching exercises, excellent for improving flexibility, balance, breathing, healing specific ailments and enlightening the spirit. Please note: each yoga class will be varied according to the teacher and style.

Foam Roller 45 mins
Myo-fascial release has been proven as an effective way of releasing muscle tightness, rehabilitation for injury and improving mobility.

Barre 45 mins
A fun and energetic workout that fuses ballet, pilates and yoga techniques. Tone and shape your way to a dancer's body, utilising the barre and light weights.

REFORMER PILATES

Improvements in core strength, posture and flexibility are just some of the many benefits offered by Reformer Pilates.

We provide state-of-the-art peak reformer beds, two dedicated studios at GESAC and Caulfield Recreation Centre and amazing instructors to coach you.

There are a range of class styles to suit all levels of experience.

For hygiene purposes, all participants must wear socks throughout the class.

See our Pilates by GEL timetable for class descriptions.