

CAULFIELD RECREATION CENTRE

GROUP FITNESS TIMETABLE: EDITION 7

Commencing Monday 26 August



STUDIO 1

	MON	TUE	WED	THU	FRI	SAT	SUN
6.15AM	HITT	VIRTUAL BODYCOMBAT	HITT	HITT	VIRTUAL BODYCOMBAT		
7.05AM	VIRTUAL BODYPUMP		VIRTUAL BODYPUMP				
8.25AM	VIRTUAL LES MILLS CORE	VIRTUAL BODYPUMP 30	VIRTUAL LES MILLS CORE	VIRTUAL BODYPUMP 30	VIRTUAL LES MILLS CORE	BODYPUMP	BODYSTEP
9.15AM	BODYSTEP	ACTIVATE CIRCUIT	BODYBALANCE	ZUMBA	BODYPUMP		
9.30AM						ZUMBA	ZUMBA
10.20AM	ACTIVATE SH'BAM	ACTIVATE STRENGTH	BODYPUMP 45	ACTIVATE STRENGTH	PILATES		
10.35AM						VIRTUAL BODYCOMBAT	YOGA
11.30AM	ACTIVATE LITE	VIRTUAL BODYPUMP	ACTIVATE LITE	VIRTUAL BODYPUMP			
1.30PM	VIRTUAL BODYPUMP	VIRTUAL LES MILLS CORE	FAST AND FURIOUS	VIRTUAL BODYPUMP			
3PM		VIRTUAL BODYPUMP		VIRTUAL BODYCOMBAT			
4PM		VIRTUAL BODYBALANCE		VIRTUAL SH'BAM			
5.25PM	VIRTUAL LES MILLS CORE	VIRTUAL GRIT	VIRTUAL LES MILLS CORE	VIRTUAL GRIT			
6PM	BODYPUMP	BOXING	BODYPUMP	ZUMBA	VIRTUAL BODYPUMP		
7.05PM	ZUMBA	BARRE	VIRTUAL BODYCOMBAT	BARRE	VIRTUAL BODYBALANCE 30		

STUDIO 2 & DC BRICKER

 Denotes classes held in DC Bricker

	MON	TUE	WED	THU	FRI	SAT	SUN
8.30AM			FOAM ROLLER				
9AM				ACTIVATE CIRCUIT			
9.15AM		YOGA		HITT	ACTIVATE SH'BAM		
9.30AM						BODYBALANCE	
10.20AM				YOGA			
10.35AM						FOAM ROLLER	
11AM					FAST AND FURIOUS		
7.05PM	BODYBALANCE		YOGA				

CYCLE STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6.15AM	VIRTUAL RPM		VIRTUAL RPM	VIRTUAL RPM			
8.25AM						VIRTUAL RPM	VIRTUAL RPM
9.15AM	CYCLE	VIRTUAL RPM	CYCLE			VIRTUAL RPM	VIRTUAL RPM
10.20AM			VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM		
3PM	VIRTUAL RPM		VIRTUAL RPM				
4PM	VIRTUAL RPM		VIRTUAL RPM		VIRTUAL RPM		
6PM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM			
7.05PM	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL SPRINT			

CLASS DESCRIPTIONS

LES MILLS PROGRAMS:

BodyPump 55/45 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.

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

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

GRIT 30mins
Cardio, strength and plyometric high intensity interval training to get you fit, fast.

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

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.

GEL TEAM TRAINING

HITT 55 mins

HITT Classes will rotate through the following programming:

CLASSIC – 45 second intervals of functional strength and cardio team training

POWER – Varied intervals of functional cardio and power training to increase performance

EVEREST – Functional pyramid training intervals to conquer the workout mountain

ENDURO – Longer work periods of functional cardio and strength training to get the maximum out of yourself.

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 pace workout. Classes will include supported strength work, as well as functional movement and mobility.

Activate Strength 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.

Activate 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. Sh'Bam Gold is lower impact and more suitable for older adults.

CYCLE PROGRAMS:

Cycle 45 mins
A 45 minute indoor cycling class. During this high intensity non-impact class, your instructor will take you through different terrain 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.

FREESTYLE PROGRAMS:

Zumba 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 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 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.

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.

Please note: Classes are subject to change. For permanent changes to the timetable, check our website.



GLEN EIRA
CITY COUNCIL



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CAULFIELD RECREATION CENTRE

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