

CLASS DESCRIPTIONS

AEROMIX	A medium to high intensity class with choreography combining Hi/Lo & Step. Athletic moves and dance influenced choreography provide you with a fast, fun and challenging class. It may take some time to master the moves and routines taught. Intermediate to advanced level.
BARREFIT	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.
BOXMAX/BOX FIT	A high intensity boxing circuit class that won't make you a World Champion but you'll feel like one. Great for tone and overall conditioning. Members must bring their own boxing glove liners for hygiene purposes. An excellent workout for all fitness levels.
CARDIO HIT	This is a cardio class involving small sets of High Energy HITT to strengthen the body and increase cardio fitness. A fab class with a great instructor.
FIT55	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.
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! Class is suitable for beginner and intermediate level participants.
SPIN	A 45 or 60 minute indoor cycling class, suitable for all fitness levels. This is a non-weight bearing class with interval style workouts, with an option for controlling your own individual workload. Suits all levels.
STEP MOVES	An intense workout using an adjustable step platform. Patterns of choreography are taught to ensure a strong and challenging workout. Step Moves is for advanced participants only.
TRX CIRCUIT	Functional strength training class using a TRX suspension training system and incorporating cardio training.
YOGA	A combination of athletic Yoga and mind/spirit relaxation.
PILATES REFORMER BED	The Pilates Reformer bed is a piece of equipment used by men and women, young and old, in a class environment. It assists in the execution of Pilates exercises specifically designed to strengthen and lengthen muscles to help maintain a symmetrical and revitalized body.
SPIN TROOPER	Spin Trooper combines best of both worlds in one amazing class which consists of ten four minute rounds (10/4) alternating power strength moves with cardio spin.
SOMACHI YOGA	A strong modern athletic Vinyasa style Yoga (breath synchronized movement) that incorporates traditional Hatha Yoga with influences from martial arts and Tai Chi. Yoga will build strength and flexibility to the body, as well as calm and clarity of the mind. Perfect for all levels of fitness.
ABS ONLY	30 minutes of abdominal and back strengthening exercises for total core strength.
ZUMBA	You've seen it on TV now come and try the class of the year!!! Combines Latin, African and Bollywood rhythms. This unique class has a party atmosphere yet trains your body with intervals of intensity & body sculpting strength work.

LES MILLS PROGRAMS

BODY PUMP	Pre-choreographed class designed to tone muscle and develop strength in the body. Suitable for all levels and no coordination required.
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Update

February 2020 Brighton East

Open for you 24/7
(fob tag required)
Staffed Hours below
Monday – Thursday
8.00am – 8.00pm
Friday
8.00am – 6.30pm
Saturday
7.45am – 12.30pm
Sunday
8.00am – 12.00pm

Class Changes:

Friday 6.15am Spin
Trooper is now running at 6am due to popular demand.

**WILDLIFE
VICTORIA**
ON CALL TO HELP
13 000 94535

Thank you to everyone who donated to our Bushfire Fundraiser. All proceeds have been donated to Wildlife Victoria to aid in providing shelter and care to the injured animals.

2020 Referral offer. 20 Days for \$20

Invite family / friends to enjoy 20 days membership for just \$20*.

Here's how it works ...

1. Pick up a referral slip from reception or the change rooms.
2. write your name at the top and hand out as many as you like to family and friends. We don't mind how many you give out!
3. There is no obligation for your referrals to sign up into membership after their 20 for 20 but if they do, we will give you 1-month **FREE** membership as thanks. ** That means you will get 12 months **FREE** membership for yourself if 12 referrals remain as members.

This promotion ends March 31st 2020.

* Staffed hours only.

**Referral offer for ongoing membership is as follows

- Pay No Tag fee (save \$49)
- \$14 per week 24/7 Train-Rec or \$18 per week Trackside "Gym only" or \$22 per week Trackside Gym plus classes.
- Min term 6 months



Love is in the air with these 2 special Valentine classes.



Friday 14th Feb 6am Spin Trooper with Aaron.

Wednesday 12th Feb 6.30am Spin with Aaron.. Love songs and dedication with more great music and a heart breaker workout xxxx



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



RE-CREATION BRIGHTON EAST TIMETABLE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am			☐ BODY PUMP (Jo T)		◆ SPIN TROOPER (Aaron)		
6.15am		◆ SPIN 45 (Brett)					
8.00am						☐ STEP MOVES (Andrew) ★ BOXFIT (Joel)	
8.15am							◆ SPIN (Franca)
8.30am			☐ FIT 55 (Eloise)		☐ BODY PUMP (Jan)		
9.00am	☐ BARRE (45min) (Caroline)	★ TRX (Andrew) ◆ SPIN (Bern)		☐ ABS (Jo)		☐ FIT55 (Stacy) ◆ Spin (Joel)	★ YOGA (Heidi)
9.15am	◆ SPIN (Franca)						9.00am ☐ BODY PUMP (Jan)
9.30am		☐ ZUMBA TONE (Catriona)	★ TRX/Spin (Eloise) 60 mins ☐ ZUMBA (Natalie)	☐ BODY PUMP (Jan) ◆ SPIN 45 (Kate)	☐ Aeromix (Andrew) ◆ SPIN 45 (Jan) ★ DYNAMIC VINYASA FLOW YOGA (Valerie)		
9.45am	☐ CARDIO HIT (45min) (Caroline)						
10.00am						☐ BODY PUMP (DYAH / JULIE)	
10.30am	☐ BODY PUMP (Caroline)	☐ BODY PUMP (Eloise)	☐ BARREFIT (Kate)	★ KICK BOXING (Michael)	☐ BARRE (Bridget)		
11.00am						☐ ZUMBA (Linda)	☐ ZUMBA (Aranxa)
4.00pm							
4.45pm							
5.30pm	☐ FIT55 ((Jan)	☐ ZUMBA (Diana)	☐ BODY PUMP (Melinda)	☐ ZUMBA (Fabian)			
6.00pm					 ☐ ZUMBA (Lisa)		
6.15pm	◆ SPIN 45 (Jan)						
6.30pm	☐ STEP MOVES (Andrew)	☐ PUMP (Michael)	◆ SPIN (Arron) ☐ BARREFIT (Joel)	☐ BODY PUMP (Michael)			
7.00pm	★ YOGA (Terri)			★ YOGA (Larisa) 			
7.30pm	☐ BODY PUMP (Patricia)	☐ ZUMBA (Ing)	☐ ZUMBA (Fabian)				

◆ SPIN ROOM
☐ STUDIO 1
(main aerobics room)
★ STUDIO 2
(multi- purpose room)
❖ GYM FLOOR

Instructors indicated
are permanent but can
be subject to change
due to illness etc.

PILATES REFORMER BED TIMETABLE

Times	Mon	Tue	Wed	Thur	Fri	Sat	Sun
8.15am		REFORMER (Tina)					
8.30am							
8.45am					REFORMER EXPRESS (45) (Tace)		
9.00am	REFORMER (Bertrand)			REFORMER (Viv)			
9.15am		REFORMER (Tina)					
9.30am			REFORMER (Bertrand)		REFORMER 45 (Tace)		REFORMER (Alice)
10.00am	REFORMER (Bertrand)					REFORMER (Joel)	
10.15am							
10.30am			REFORMER (Bertrand) 				 REFORMER (Alice)
11.00am							
3.30pm						REFORMER (Alice)	
5.30pm	REFORMER 45 (Joel)		REFORMER (Joel)				
6.00pm							
6.15pm							
6.30pm	REFORMER 45 (Joel)	REFORMER (Viv)					
7.00pm							

How to Guarantee your spot in Reformer classes

Reformer is the most expensive program that we offer, and it is also one of the most loved. Some Members have told us that they would not mind paying a small booking fee it that meant they could be assured of a place in the class. If you want to ensure your place in any reformer class, you can pay a \$3 booking fee and you will get a priority booking. An even better option is to upgrade to a GOLD PASS membership and get free bookings.



NEW Gold Pass Membership

Benefits include:

- Free booking of all reformer classes
- Free reciprocal rights to trackside and Train.Rec

Upgrade to a Gold membership today and you can book any reformer class at both E Brighton and Trackside as well as have free reciprocal rights at Trackside and our new 24/7 gym Train-Rec. This membership also includes unlimited access to the salt room and with winter around the corner that could be a great idea!

Gold Membership \$22 per week.
See reception to upgrade now.