

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	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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DEC 2017 / JAN 2018

Update

24
Re-Creation
24 Hour Health Club

BRIGHTON EAST



**Re-Creation is
Open for You 24/7**
(fob tag required)

Staffed Hours below

MONDAY	7.30am – 8.00pm
TUESDAY	7.30am – 8.00pm
WEDNESDAY	7.30am – 8.00pm
THURSDAY	7.30am – 8.00pm
FRIDAY	7.30am – 6.30pm
SATURDAY	7.30am – 5.00pm
SUNDAY	8.00am – 2.00pm

Crèche Hours

MON-SAT	8.25am – 12pm
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Class Changes in December

The following classes have been cancelled due to on-going low numbers. We will look at re-introducing some of these classes after the Christmas break.

Monday 7.30pm reformer
Tuesday 4.45pm Zumba
Tuesday 5.30pm reformer
Wednesday 12.15pm Boxing
Wednesday 7pm reformer
Saturday 8am spin

Sunday 10.30am TRX/Spin will now be a straight 45 minute spin.



We wish you a Happy and Healthy Christmas

Christmas is a great time to give and receive gifts, catch up with family and friends, feast on goodies and to contemplate just exactly what Christmas means to you.

The best gift that you can give others is “you” at your very best so keep yourself fit, positive, energised and healthy by visiting as many times as you can each week.

Remember that results will come when you show up. Make a commitment now to lock in regular workouts in 2018 and make this your fittest year yet.

In the meantime, relax, indulge and enjoy!
Well mop up the damage at the Gym in 2018!
Bern and Jo



Twelve K's of Christmas Challenge

For those of you looking for motivation with your running, take up Arron's challenge:
Option 1: 1 km for 12 days
Option 2 [not for the faint hearted] : 1km each day for 12 days [1+2+3+4+5+6+7+8+9+10+11+12=78kms] sign up at reception. Progress can be viewed on the communal notice board.

Christmas New Year Timetable

Please refer to the Christmas /New year timetable for times and classes over this period. The regular schedule will apply prior to and after these dates.



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RE-CREATION BRIGHTON EAST TIMETABLE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am			☐BODY PUMP (Jo T)				
6.15am		◆SPIN 45 (Brett)			◆SPIN TROOPER (Aaron)		
8.00am						☐STEP MOVES (Andrew M) ★BOXFIT (Joel) ◆Spin (Eloise)	
8.30am		☐BARRE PILATES (Sarah)	☐F55 (Ceri)		☐BODY PUMP (Jan)		☐BODY PUMP (Caroline)
9.00am	☐BARRE (45min) (Caroline)	★TRX (Kyle) ◆SPIN (Bern)				☐FIT55 (Eloise)	★YOGA (Heidi)
9.15am	◆SPIN (Peta)		★TRX/Spin (Eloise) 60 mins				
9.30am		☐ZUMBA TONE (Glenys)	☐ZUMBA (Natalie)	☐BODY PUMP (Jan) ◆SPIN 45 (Catherine)	☐AEROMIX (Andrew M) ◆SPIN 45 (Jan) ★DYNAMIC VINYASA FLOW YOGA (Valerie)		☐BODY PUMP (Jan)
9.45am	☑CARDIO HIT (45min) (Caroline)						
10.00am						☐BODY PUMP (Ceri)	
10.30am	☐BODY PUMP (Caroline)	☐BODY PUMP (Amanda)	☐BARREFIT (Kate)	★KICK BOXING (Michael) ☐CARDIO PILATES (Caroline)	☐BARRE (Bridget)		☐ZUMBA TONING (Glenny) ◆SPIN (Jan)
11.00am						☐ZUMBA (Linda)	
11.30am							☐BARRE PILATES (Eloise)
12.15pm							
4.00pm						☐BARREFIT (Eloise)	
4.45pm							
5.30pm	☐FIT55 (Jan)	☐FIT55 (Ceri)	☐BODY PUMP (Viv)	☐ZUMBA (Gaby)			
6.00pm					☐ZUMBA (Glenny)		
6.15pm	◆SPIN 45 (Jan)		◆SPIN (Kyle)	◆SPIN 45 (Peta)			
6.30pm	☐AEROMIX (Andrew M)	◆SPIN 45 (Ceri) ☐PUMP (Michael)	☐BARREFIT (Joel)	☐BODY PUMP (Amanda)			
7.00pm	★YOGA (Terri)		★BOX MAX (Kyle)	★YOGA (Ksenia)			
7.15pm							
7.30pm	☐BODY PUMP (Patricia)	☑ZUMBA (Pedro)	☐ZUMBA (Pedro)	☐FIT55 (Ceri)			

◆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
8.00am			REFORMER (Tace)				
8.30am		REFORMER (Tina)		REFORMER (Caro)			
8.45am					REFORMER EXPRESS (45) (Tace)		
9.00am	REFORMER (Bertrand)					INTERM. REFORMER (Danii)	
9.30am		REFORMER (Tina)	REFORMER (Bertrand)	REFORMER (Caro)	REFORMER EXPRESS (45) (Tace)		REFORMER (Alice)
10.00am	REFORMER (Bertrand)					REFORMER (Joel)	
10.15am					REFORMER EXPRESS (45) (Tace)		
10.30am		REFORMER (Caro)	REFORMER (Bertrand)				REFORMER (Danielle)
11.00am						REFORMER (Joel)	
3.30pm						REFORMER (Alice)	
5.30pm	REFORMER (Joel)		REFORMER (Joel)				
6.00pm				REFORMER (Mee)			
6.30pm	INTERM. REFORMER (Joel)	REFORMER (Mandee)					
7.00pm							
7.30pm		INTERM. REFORMER (Mandee)					

Reduce paper waste. Email your feedback

Thank you to all those who have been using the new email feedback system rather than the paper notes. Your feedback goes straight to Bernadette's email so you can be sure that it is taken seriously bernadette@re-creation.com.au



Admin Office Closes Wednesday 20th December

SUSPENSIONS MUST BE IN BY WED 20th Dec

Our Admin office cannot process membership suspensions or cancellations between Wednesday 20 the December and Wednesday 3rd January 2018. Please provide admin with all of your membership variations prior to this date.