

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.
BOXFIT	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.
F55	F55 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 ATHLETIC & MOVES	An intense workout using an adjustable step platform. Patterns of choreography are taught to ensure a strong and challenging workout. Step Athletic is suitable for all levels. Step Moves is for advanced participants only.
TRX CIRCUIT	Functional strength training class using a TRX suspension training system and incorporating cardio training.
DYNAMIC VINYASA FLOW YOGA	This class challenges core strength whilst maintaining fluid flow of body and breath.
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.
PILOXING	A combination of boxing, dance and standard Pilates principals. The program is designed to burn maximum calories, build lean muscle mass and increase stamina. Piloxing was also designed to physically and mentally empower individuals through fitness].
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.
SKIP'N'SCULPT	"The ultimate class combining intervals of intense, high calorie burning cardio with strength training. You will skip, run, jump. Push and pull your way to a fitter and stronger body. This class promotes increased muscle strength, agility, co-ordination, reflexes and core balance. Options are offered to cater for all fitness levels and abilities."
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.
WASHBOARD ABS	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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MAY 2017



BRIGHTON EAST

Update

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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NEW CLASS

Cardio Pilates – Thursday 10.30am with Caroline

This Pilates workout is executed in a standing position incorporating core moves especially created to burn calories, increase core strength, lift the booty and create long, lean muscles in the legs. It's a workout that offers fun, motivating and easy to do moves, catering to all fitness levels.

Family Add On

Full 12-month membership from as low as \$299 for 12 months

One of our most popular memberships is the family add on where every successive family member gets reduced rates.

1st family member = full paying Adult on either Direct debit or Paid in full.

2nd Family member = \$ 499

3rd family member = \$399

4th and successive Family members = \$299



GROUP FITNESS ROOMS NOW OPEN

We are now leaving the group fitness rooms open overnight and will continue to do so as long as they are left tidy with all equipment put away after use. Could you also ensure the lights and air-con is turned off when you have finished using these rooms. Thanks for your co-operation.

Member/Guest casual discount

Members have an ongoing entitlement to bring a casual visitor with them for the reduced price of

- \$14 for adults
- \$12 for concession
- \$10 for teens

Red Flag Classes

Due to on-going low numbers. Monday 5.30pm skip n'sculpt

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

973 Nepean Highway, Moorabbin 3189 PH: 9555 3290 FAX: 9555 2893
E – manager@re-creationbrightoneast.com.au www.recreationhealthclubs.com.au
facebook.com/recreationhealthclubs

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 (Karen M)		
8.00am						☐STEP MOVES (Andrew M) ◆SPIN (Eloise) ★BOXFIT (Joel)	
8.30am		☐BARRE PILATES (Sarah)	☐F55 (Ceri)		☐BODY PUMP (Jan)		☐BODY PUMP (Caroline/Roberta)
9.00am	☐BARRE (45min) (Caroline)	★TRX (Andrew) ◆SPIN (Bern)		☐WASHBOARD ABS (Jo)		◆SPIN 45 (Joel) ☐F55 (Eloise)	★YOGA (Larisa)
9.15am	◆SPIN (Peta)		★TRX/Spin (Eloise) 60 mins				
9.30am	★YOGA (Marie)	☐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/Caroline)
9.45am	☑CARDIO HIT (45min) (Caroline)						
10.00am						☐BODY PUMP (Terry)	
10.30am	☐BODY PUMP (Caroline)	☐BODY PUMP (Jo)	☐BARREFIT (Kate)	★KICK BOXING (Michael) ☐CARDIO PILATES (Caroline)	☐BARRE (Bridget)		☐ZUMBA TONING (Glenny) ◆TRX/SPIN (Jan)
11.00am						☐ZUMBA (Linda)	
11.30am							☐BARRE PILATES (Eloise)
12.15pm			★BOX CIRCUIT (Jean-Claude)				
4.00pm						☐BARREFIT (Eloise)	
4.45pm		☐ZUMBA EXP (45) (Diana)					
5.30pm	☐SKIP N SKULPT ((Jan) 🇺🇸)	☐F55 (Ceri)	☐BODY PUMP (Viv)	☐ZUMBA (Gaby)			
6.00pm					☐ZUMBA (Glenny)		
6.15pm	◆SPIN 45 (Jan)			◆SPIN 45 (Peta)			
6.30pm	☐AEROMIX (Andrew M)	◆SPIN 45 (Ceri) ☐PUMP (Amanda)	◆SPIN (Catherine) ☐BARREFIT (Joel)	☐BODY PUMP (Terry) ★YOGA (Jemma)			
7.00pm	★YOGA (Terri)		★BOX MAX (Jean-Claude)				
7.15pm							
7.30pm	☐BODY PUMP (Patricia)	☑ZUMBA (Glenny)	☐ZUMBA (Glenny)	☐F55 (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 (Zoe)	
9.30am		REFORMER (Tina)	REFORMER (Bertrand)	REFORMER (Caro)	REFORMER EXPRESS (45) (Tace)		REFORMER (Mee)
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 (Mee)	
5.30pm	REFORMER (Joel)	REFORMER (Maree)	REFORMER (Joel)				
6.00pm				REFORMER (Mee)			
6.30pm	INTERM. REFORMER (Joel)	REFORMER (Mandee)					
7.00pm			REFORMER (Elaine)				
7.30pm	REFORMER EXPRESS (45) (Joel)	INTERM. REFORMER (Mandee)					

KL Cosmetic Ink

With over 25 years in the Beauty industry, Kerry has spent the last 15 years as a National and International Makeup Artist and Trainer.

Kerry also specializes in the Cosmetic and Medical techniques and the latest trends such as Micro blading.

Conveniently based in Reserve Rd Cheltenham, contact Kerry on 0421760911 or pick up a flyer from reception.



MOTHERS DAY – SUNDAY 14TH May. Treat Mum to a massage this Mother's Day.

Contact "that massage Guy", Arron and pick up a voucher for Mum.

Conveniently located at the club, your Mum can also enjoy a free coffee and a relax in the massage chair in addition to her massage.

What a great gift! Contact Arron on 0434 938 485