

GROUP FITNESS TIMETABLE

SOMERVILLE
RECREATION CENTRE

REFORMER PILATES

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|----------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------|----------------|-----|
| 9:20AM | REFORMER ENTRY | REFORMER INTERMEDIATE | REFORMER ENTRY | REFORMER ENTRY | REFORMER ENTRY | REFORMER ENTRY | |
| 10:30AM | REFORMER SCULPT | REFORMER ENTRY | REFORMER ENTRY | REFORMER ENTRY | REFORMER ENTRY | | |
| 5:40PM | REFORMER INTERMEDIATE | REFORMER ENTRY | REFORMER INTERMEDIATE | REFORMER ENTRY | | | |
| 6:45PM | REFORMER ENTRY | REFORMER ADVANCED | REFORMER ENTRY | REFORMER INTERMEDIATE | | | |

GROUP FITNESS

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|----------------|--------------|------------------|--------------|--------------|--------------|-----|-----|
| 9:10AM | GRIT | SOYF MAINTENANCE | BODY PUMP | PRIME MOVERS | ZUMBA | | |
| 10:20AM | BODY BALANCE | PRIME MOVERS | BODY BALANCE | SOYF ENTRY | BODY PUMP | | |
| 11:30AM | CHI BALL | | ZUMBA | | BODY BALANCE | | |
| 5:45PM | PILATES | | PILATES | BODY PUMP | | | |
| 7:00PM | YOGA | | TAI CHI | | | | |
| 8:10PM | MEDITATION | | | | | | |

RPM IS COMING SOON!



(03) 5974 7800
somervillerecreationcentre.com.au

CLASS DESCRIPTIONS

● Reformer Entry

A 6-block entry class for anyone who is new to Reformer Pilates or has had a hiatus and wants to build their fitness and strength back up.

● Reformer Intermediate

For anyone who has completed the Reformer Entry classes, are a regular Reformer Pilates participant and has a reasonable level of strength and fitness.

● Reformer Advanced

Take your Reformer Pilates to the next level. This class is for the experience participant with a high level of strength, fitness and stamina.

● Reformer Sculpt

Combining elements of dance, resistance training and pilates into a class that focusses on creating a strong core and postural strength. A class ideal for all levels of fitness.

● Chi Ball

A class that focusses on a balanced mind/body incorporating a variety of disciplines, while using an air-filled exercise ball. Improve your posture, strength and flexibility.

● Body Pump

The original weight class that builds strength. Tones your body & pushes you to the limit every time. Be strong. Increases strength & endurance. Tones and shapes. Helps maintain bone health.

● GRIT

GRIT is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

● Zumba

A 60-minute class designed for everyone! The invigorating dance fitness party will have you movin', groovin' & shakin' to the rhythm of the music.

● Yoga

Strength starts with the core. This class is designed to improve postural alignment, spinal strength, mobility and stability. It is suitable for all levels.

● Tai Chi

A class that involves a series of movements performed in a slow, focussed manner and accompanied by deep breathing. Perfect for ages 50+.

● Meditation

Develop and strengthen your state of wellbeing. This program will calm your mind and body and strengthen your state of wellbeing.

● Prime Movers

This low impact class is designed to increase cardiovascular fitness, balance and coordination. Perfect for ages 50+.

● Stay on Your Feet (SOYF) Entry

A rehabilitative weight training program for people who have arthritis, diabetes or any other health condition that may have affected their level of fitness.

● Stay on Your Feet (SOYF) Maintenance

Ideal for older adults with current health problems under control. Designed to increase cardiovascular fitness, strength, flexibility and balance.

● Pilates

Pilates exercises emphasise the development of the body through core strength, flexibility and awareness in order to support efficient movement.

● Body Balance

A Yoga, Tai Chi, Pilates inspired workout that leave you long, strong, calm & centred. Feel balanced. Improves joint flexibility, range of motion. Tones & shapes.



Low Intensity



Medium Intensity



High Intensity