

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	9.10AM 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 FLOW				

*Class starts 10 mins early to allow for Spin bike set up

GROUP FITNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00AM		BOOTCAMP	SPIN	BOOTCAMP			
9:10AM	GRIT	SOYF MAINTENANCE	BODY PUMP	PRIME MOVERS	ZUMBA	BODY STEP	
10:00AM	BODY BALANCE						
10.20AM		PRIME MOVERS	BODY BALANCE	SOYF ENTRY	BODY PUMP	SPIN	
11:00AM	CHI BALL						
11:30AM			ZUMBA		BODY BALANCE		
11:45AM		YOGA & BABY					
5:45PM	BARRE INFUSED	YOGA	BARRE INFUSED	BODY STEP			
7:00PM				TAI CHI			



(03) 5974 7800

somervillerecreationcentre.com.au

CLASS DESCRIPTIONS

● Reformer Entry

A 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 Flow

A dynamic Reformer Pilates practise that flows seamlessly from one exercise to another. Tone your body while moving through fun & fluid transitions. This class is suitable for all ages and fitness levels.

● 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

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques. Pumping out encouragement, motivation and great music whilst burning up to 540 calories.

● 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

ZUMBA is a fitness program that combines Latin and international music with dance moves. ZUMBA routines incorporate interval training alternating fast and slow rhythms and resistance training. ZUMBA involves dance and aerobic movements performed to energetic and motivating music.

● Barre Infused

A BARRE INFUSED, high energy cardio class giving you a full body workout. BARRE INFUSED combines a modern version of classical ballet training with an interval training format designed to shape and tone postural muscles and build core strength. Incorporating classic ballet positions, with modern music, BARRE INFUSED is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

● Yoga & Baby

YOGA & BABY allows you to bond with your baby whilst gently getting your body back into shape by reinvigorating and rehabilitating your body after giving birth.

● Yoga

A flowing and meditative class, YOGA is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post. You will work on improving your muscle tone, strength, stamina and overall flexibility.

● Tai Chi

TAI CHI is a Chinese martial art that is primarily practised for its health benefits, promoting the integration of the mind and body. It helps lower stress and anxiety levels and increases energy. A series of slow, controlled movements and postures help build muscle strength, coordination, balance and flexibility.

● Meditation

This class is more than just a guided MEDITATION. This is a group energy healing and activation session that empowers you as the healer of your life. You are guided to visualise energy and imagery for the purpose of cleansing, clearing, and elevating your conscious state of awareness.

● Prime Movers

This low impact class is designed to increase cardiovascular fitness, balance and coordination. Perfect for ages 50+ who may have injuries, ailment or are beginning their fitness journey.

● 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 will challenge your strength, flexibility and coordination with traditional and modern PILATES. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

● Body Balance

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

● Bootcamp

A circuit-based class. it combines a mixture of cardio and strength-based exercises in order to create a holistic approach to training. These classes have a high intensity but can cater to a variety of fitness levels.

● Spin

SPIN is an indoor cycling class that has great fat burning effects. It will improve your cardio fitness and endurance while you spin to great music! Helping push you through any of your barriers and achieve the fitness results you want.

● Low Intensity

● Medium Intensity

● High Intensity