

Thrive Revive Northcote

CLASS DESCRIPTIONS



YOGA & PILATES

| REVIVE NORTHCOTE STUDIO | | |
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| CLASSES | DESCRIPTION | DURATION |
| Hatha yoga | A class combining traditional hatha yoga with modern movement practices. Increased awareness on intuitive movement rather than alignment. These classes will be slower paced with a focus on strength and stability, as well as traditional yogic practices of pranayama and meditation. | 1 hour |
| Slow flow restoration | The intention of this slow-paced flow is to stretch the full body bringing awareness to it and connecting to the breath. Allowing time to get into the poses moving and flowing with mindful alignment incorporating some Yin and restorative yoga elements, it becomes a beautiful grounding practice. Giving the body and mind space to restore using breathing techniques to allow deep relaxation of the nervous system. This Slow Flow class is for all levels and for everyone who wants to melt away physical and mental stress through mindful movement, breathing and meditation. | 1 hour |
| Yoga flow | A flow style class that focuses on building strength and flexibility, connecting to our breath and body. This class is open to all levels and body types, and includes time to rest and rejuvenate. | 1 hour |
| Yoga vinyasa | This yoga class is dynamic, strengthening and explorative. Targeting physical strength, flexibility and overall awareness of the body. It will incorporate creative sequencing, while honouring the traditions of the practice. This class will invigorate and nourish the body and mind. Suitable to all levels of yoga experience, with modifications offered throughout the class. | 1 hour |
| Mat Pilates | Practicing Mat Pilates helps build a strong, balanced body and increases flexibility. As you progress in your practice you will notice improvements in breathing, focus, stress management, and body awareness. | 45 minutes |
| Reformer Pilates (Coming Soon) | Reformer Pilates combines the traditional principals and movements of mat Pilates with a Reformer machine. This machine contains a foot bar, carriage, pulleys, and five springs of varying tension that can be adjusted to suit your fitness level or needs. | 55 minutes |
| Infra Red Sauna | Supporters of infrared saunas say the heat penetrates more deeply than warmed air. This allows you to experience a more intense sweat at a lower temperature, as well as stay in the sauna longer. | 45 minutes |

THRIVE NORTHCOTE
STRENGTH & CONDITIONING

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Classes are part of 1 of 4 phases which run for 4 weeks at a time.

| CLASSES | CATEGORY | DESCRIPTION | DURATION |
|--------------------------|---------------------------------|---|------------|
| Awesome Foursome | Weights Training – Full Body | A great way to start your Sunday, you won't want to miss this combined upper body, lower body and core workout to finish off the weekend. | 1 hour |
| Compound | Weights Training – Full Body | Compound sessions are built around two major compound lifts. Members will spend longer at the compound lift stations, allowing them to really improve their strength. Each compound lift will be complimented by 4 accessory exercises. These will have rep targets and less rest to ensure a deep burn of the muscles. | 50 minutes |
| LIFT – Circuit | Weight Training- Full Body | This strength circuit is part of our LIFT series. The emphasis is to improve your technique and get you strong! Within the full body circuit you will complete 3 sets in a row and 1 lap through the 12 exercises. Members will complete 2 exercises per body part for a well rounded pump! | 50 minutes |
| LIFT – Lower Body | Weight Training – Glutes & Legs | This session is completely focused on lower body strength exercises. Expect all your major lower body movements like Squats and deadlifts. Expect to be feeling your quads, hamstrings and glutes for a few days after this session! | 50 minutes |
| LIFT- Pull Focus | Weight Training – Full Body | In this LIFT series members will focus on upper body and lower body pulling movements. These exercises will mainly target the front of back of your body: the upper back, back of shoulders, biceps, hamstrings and glutes. Members will complete one lap of 10 exercises, 5 upper and 5 lower. You will do 4 sets in a row at each station to ensure to are really feeling the burn! | 50 minutes |
| LIFT – Push It | Weight Training – Full Body | In this LIFT series members will focus on upper body and lower body pushing movements. These exercises will mainly target the front of your body: the chest, shoulder, triceps, quads and glutes. Members will complete one lap of 10 exercises, 5 upper and 5 lower. You will do 4 sets in a row at each station to ensure to are really feeling the burn! | 50 minutes |
| LIFT – Superset | Weight Training - General | In our superset program members will complete a primary strength exercise, immediately followed by a body weight exercise targeting the same muscle group. After completing two combo sets you will certainly be feeling the burn! | 50 minutes |
| LIFT - Ultimate | Weight Training- Full Body | This 1 hour LIFT class is broken up into 4 zones. Upper Body Push; Upper Body Pull; Lower Body Push and Lower Body Pull. There are three exercises in each zone. Members will complete 4 sets in a row and 1 lap of the zone for the Ultimate full body strength session! | 50 minutes |
| LIFT – Upper Body | Weight Training - Arms | In this LIFT session we focus on upper body strength exercises. Expect to see your major pushing and pulling exercises along with some accessory exercises to round out the session. | 50 minutes |
| LIFT – Upper/Lower Split | Weight Training – Full Body | This THRIVE session is an Upper/Lower split, that is made up of 2 circuits. Circuit 1 will be made up of upper body exercises. Circuit 2 will be lower body exercises. | 50 minutes |

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| Stabilise | Weight Training - Core | This one hour strength session is focused all around balance, stability and core strength. Expect single arm & single leg exercises that will load up one side of the body at a time and really challenge your balance. A stability session would not be complete without a range of core exercises either! | 1 hour |
| Fusion-Amrap | AMRAP- As many reps as possible. | FUSION combines it all: High Intensity cardio, full body resistance as well as core exercises. In this AMRAP style workout there will be a 8 minute rolling clock. Members will complete as many rounds as they can of the 4 exercises in their zone before moving onto the next zone. With 4 zones in total this will test your endurance and determination. | 50 minutes |
| The Medley | AMRAP – As many reps as possible | The Medley is another Saturday 60 minute conditioning session. In this session we combine individual AMRAP zones, with a partnered AMRAP on the erg machines. There will be 6 workout zones. 3 you will complete individually and 3 zones where you will strive for maximum meters in teams of two. Stay tuned for one of our most challenging sessions yet! | 1 hour |
| Fusion-Ladder | Circuit Training – Full Body | The FUSION Ladder is another one of our hybrid workouts, mixing full body resistance exercises, cardio equipment and core workouts giving you a well rounded conditioning workout. The session is made up of 8 stations, with an A & B component at each station. Members will work through a ladder format: 12 reps of A then 12 reps of B, working your way down to 6 reps of each in a 4 minute timeframe. | 50 minutes |
| VELOCITY – Descend | HIIT | Velocity-Descend is full of high intensity exercises with sets that get shorter and shorter each time. Members will do 1 lap of 12 exercises, 3 sets will be completed at each station. Each set will decrease in time as you move through the 3 sets. Starting with a lung busting 1 minute set and ending with a dynamic 20 second set, this session will definitely test your aerobic capacity. | 50 minutes |
| VELOCITY – Ascend | HIIT | Velocity-Ascend is another High Intensity class designed to improve your cardio and metabolic conditioning. Members will do 1 lap of 10 exercises, with 4 sets will be completed at each station. This session will test both your physical and mental toughness. Starting with a 30 second set members will work their way up to a finishing set of 60 seconds. | 50 minutes |
| VELOCITY – Flow | HIIT | This Velocity flow class is made up of 9 exercises. Members will complete 2 sets of 45 seconds at each station and do two laps of the room. The objective over the two sets is to try and keep a consistent pace the entire time. With no water breaks during the session this will definitely test your endurance and ability to recover in the 15 second rest periods. | 50 minutes |
| VELOCITY – Superset | HIIT | The sister workout to our Lift superset program will see members completing cardio and conditioning exercises in a paired format. You alternate between exercise A and exercise B throughout the session trying for maximum effort for one set before switching exercises. With 18 exercises in total this session will bring you plenty of variety and test your anaerobic threshold at the same time. | 50 minutes |
| VELOCITY-Tabata | HIIT | Tabata is a HIIT program that is made up of 9 exercises which are split into 3 zones. 4 sets will be completed at each station with 2 laps of each zone. The 20 second sets keep members working at full throttle, while the 10 second break ensures heart rates remain high. | 50 minutes |
| VELOCITY-Tempo | HIIT | This instalment of the velocity series will see members complete one lap of 12 exercises. There will be 4 sets in a row with variable timing. A short set, where members will work at a fast pace, followed by longer set completed at steady pace. 2 sprint sets and 2 steady paced sets will target members both anaerobically and aerobically. | 50 minutes |

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| CRC | HIIT | A great way to kick start your weekend with a high intensity workout made up of cardio, resistance and core exercises. 4 zones, 3 stations will definitely have you feeling like you just smashed a great workout. | 1 hour |
| Double Trouble | HIIT | This hour long class is made up of two 6 station circuits. After completing one circuit members will all complete body weight exercises together before swapping over to the second circuit. At the completion of the second circuit, just when you think its all over...members will do a second round of core exercises to finish the session. | 1 hour |
| Endure - Circuit | HIIT | This workout is designed to test your aerobic capacity. Made of 8 stations, members will complete 2 minutes at each station. The odd numbered stations will be a ladder style superset. The even numbered stations will be an endurance based exercise. 2 laps around the room will have your heart rate up and feeling like you've given the class all you've got. | 50 minutes |
| Endure- Zone | HIIT | Endure Zones is broken up into 4 zones, a combination of Erg work and conditioning exercises. This workout is definitely one that will challenge your aerobic system. | 50 minutes |
| Fusion- Countdown | HIIT | Are you ready to beat the timer? 5 and a half minutes on the clock! Hit the target on the ergs to get the heart rate up before moving into a combination of equipment and body weight exercises. | 50 minutes |
| Fusion- EMOM | HIIT | FUSION combines it all: High Intensity cardio, full body resistance as well as core exercises. This particular workout is split up into 6 zones. Each zone consisting of 3 exercises. EMOM stands for: Every minute on the minute. Members will have 60 seconds to reach a rep target, whatever time is left over is your rest. Once the 60 seconds is up you will immediately start your next exercise. Members will complete 2 laps of each zone, meaning a 6 minute rolling clock before you get a break. This will definitely test your cardio and strength endurance. | 50 minutes |
| Super Circuit | HIIT | This 60 minute hybrid workout will have you burning calories, sweating up a storm and feeling stronger. What more could you want!! There will be 3 sets per station alternating between cardio, core and resistance, followed by one lap of the room...Don't forget the 2 minute finisher at the end! A perfect blend that covers all bases. What a way to kickstart your weekend. | 1 hour |
| Parents & Bubs Classes | Full Body | This class is designed for parents who need to bring their babies to class with them. We understand the challenges of getting consistent exercise when you have young children. During the class bubs can stay in their prams and are also welcome to be out in the gym floor with you. The class will be capped at 10 participants, with 2 instructors on the floor. This will allow for a safe class space for both parents and children. The class format will involve a mixture of core, weights and cardio exercises. We will utilise the screens at the front of the studio to display the exercises during the class. | 45 minutes |

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