

# Group Fitness Timetable

Timetable is subject to change. Always check ActiveWorld App for most up-to-date class schedule.

Please arrive 10min prior to class to discuss your needs with the instructor.

## MAIN STUDIO

|         | MONDAY                | TUESDAY                    | WEDNESDAY           | THURSDAY              | FRIDAY                       | SATURDAY       | SUNDAY       |
|---------|-----------------------|----------------------------|---------------------|-----------------------|------------------------------|----------------|--------------|
| 6:00am  | BODYSTEP®             | BODYPUMP®                  | Mat Pilates         | BODYPUMP®             | Virtual - BODYCOMBAT®        |                |              |
| 7:00am  | Virtual - LM CORE®    | Virtual - BODYBALANCE®     | Virtual - BODYPUMP® | Virtual - BODYCOMBAT® | Virtual - BODYPUMP®          |                |              |
| 8:15am  |                       |                            |                     |                       |                              | BODYPUMP®      |              |
| 8:30am  |                       | Virtual - LM CORE®         | BODYBALANCE®        | Virtual - LM CORE®    |                              |                | BODYSTEP®    |
| 9:30am  | BODYPUMP®             | #BARRE                     | BODYSTEP®           | BODYATTACK®           | BODYPUMP®                    | BODYCOMBAT®    | BODYPUMP®    |
| 10:30am | BODYBALANCE®          | Zumba®                     | BODYPUMP®           | Pop Yoga              | Mat Pilates                  | Mat Pilates    | Mat Pilates  |
| 11:30am | Active Adults^        | Mat Pilates                | Active Adults^      | Yoga - Gentle^        | Zumba®^                      | Yoga - Vinyasa | BODYBALANCE® |
| 12:30pm | Virtual - BODYCOMBAT® |                            | Yoga - Gentle       |                       | Active Adults                | Pop Yoga       | #DANCE       |
| 1:00pm  |                       | Active Adults              |                     | Active Adults         |                              |                |              |
| 1:30pm  |                       |                            |                     |                       | Yoga - Gentle                | Meditation     |              |
| 2:00pm  |                       | Active Adults              |                     |                       |                              |                |              |
| 5:00pm  |                       |                            |                     |                       | Zumba®*<br>(Family Friendly) |                |              |
| 5:15pm  |                       | Virtual (30) - BODYCOMBAT® |                     |                       |                              |                |              |
| 5:30pm  | BODYPUMP®             |                            |                     |                       |                              |                |              |
| 6:00pm  |                       | BODYPUMP®                  | #BARRE              |                       | Mat Pilates                  |                |              |
| 6:15pm  |                       |                            |                     | #DANCE                |                              |                |              |
| 6:30pm  | BODYCOMBAT®           |                            |                     |                       |                              |                |              |
| 7:00pm  |                       | BODYATTACK®                | BODYPUMP®           |                       | Virtual (30) - BODYCOMBAT®   |                |              |
| 7:15pm  | #DANCE                |                            |                     | Pop Yoga              |                              |                |              |
| 8:00pm  | BODYBALANCE®          | Yoga - Gentle Flow         | Zumba®              |                       |                              |                |              |
| 8:05pm  |                       |                            |                     | Meditation (30)       |                              |                |              |

\* Zumba (Family Friendly) - school-aged kids welcome at no charge, but must be accompanied and supervised by a parent or guardian participating in the class also.

^ Access for All Abilities - focused on improving muscle strength, flexibility and balance. Functional exercises to assist those with physical and / or mental disabilities.

## PROGRAM ROOM

|        | MONDAY      | TUESDAY     | WEDNESDAY          | THURSDAY    | FRIDAY | SATURDAY                  | SUNDAY |
|--------|-------------|-------------|--------------------|-------------|--------|---------------------------|--------|
| 8:00am |             |             |                    |             |        | Women's Only BODYBALANCE® |        |
| 9:30am |             |             |                    |             |        |                           | Boxing |
| 6:00pm |             | Mat Pilates |                    |             |        |                           |        |
| 7:00pm | Mat Pilates |             | Mat Pilates        | BODYCOMBAT® |        |                           |        |
| 8:00pm |             |             | Yoga - Gentle Flow |             |        |                           |        |

## CYCLE STUDIO

|         | MONDAY          | TUESDAY         | WEDNESDAY       | THURSDAY        | FRIDAY          | SATURDAY        | SUNDAY          |
|---------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 6:00am  | Cycle           | SPRINT®         | Cycle           | Virtual SPRINT® | Cycle           |                 |                 |
| 7:00am  | Virtual SPRINT® | Virtual SPRINT® | Virtual SPRINT® | Virtual RPM®    | Virtual SPRINT® |                 |                 |
| 8:30am  |                 |                 |                 |                 |                 | RPM®            | Virtual SPRINT® |
| 9:30am  | Virtual SPRINT® | RPM®            | RPM®            | Virtual SPRINT® | Virtual RPM®    | Virtual SPRINT® | Virtual RPM®    |
| 10:30am | Virtual RPM®    | Virtual RPM®    | Virtual SPRINT® | Virtual RPM®    | Virtual RPM®    |                 |                 |
| 12:30pm | Virtual SPRINT® | Virtual RPM®    | Virtual RPM®    | Virtual SPRINT® | Virtual SPRINT® |                 | Virtual RPM®    |
| 5:30pm  | Virtual SPRINT® |                 |                 |                 | Virtual RPM®    |                 |                 |
| 6:00pm  |                 |                 | Cycle           |                 |                 |                 |                 |
| 6:30pm  |                 |                 |                 | Virtual SPRINT® |                 |                 |                 |

## AQUA

|         | MONDAY      | TUESDAY     | WEDNESDAY | THURSDAY    | FRIDAY       | SATURDAY | SUNDAY |
|---------|-------------|-------------|-----------|-------------|--------------|----------|--------|
| 8:00am  |             |             | Aqua Warm | Aqua        |              |          |        |
| 8:30am  |             | Aqua        |           |             | Aqua Pilates |          |        |
| 9:30am  | Aqua        | Aqua Warm   |           |             | Aqua Warm    |          |        |
| 10:30am | Aqua Zumba® | Aqua HIIT   | Aqua      | Aqua        | Aqua Warm    |          |        |
| 11:30am | Aqua Warm   | Aqua Zumba® | Aqua Warm | Aqua Warm   | Aqua         |          |        |
| 12:30pm | Aqua Warm   | Aqua Warm   | Aqua HIIT | Aqua Warm   |              |          |        |
| 6:00pm  | Aqua Warm   |             |           |             |              |          |        |
| 7:15pm  |             | Aqua Warm   |           | Aqua Zumba® |              |          |        |

# Group Fitness Timetable

Timetable is subject to change. Always check ActiveWorld App for most up-to-date class schedule.

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## MOVE Silver & Gold Membership Inclusions:

### REFORMER STUDIO \*Reformer classes only available to Silver and Gold membership levels.

|         | MONDAY      | TUESDAY        | WEDNESDAY | THURSDAY | FRIDAY   | SATURDAY | SUNDAY   |
|---------|-------------|----------------|-----------|----------|----------|----------|----------|
| 6:00am  | Reformer    | Reformer       |           |          | Reformer |          |          |
| 6:30am  |             |                |           |          |          | Reformer |          |
| 7:00am  | Reformer    |                | Reformer  |          | Reformer |          |          |
| 7:30am  |             |                |           |          |          | Reformer |          |
| 8:30am  |             | Reformer       |           | Reformer |          | Reformer | Reformer |
| 9:30am  | Reformer    | Reformer       | Reformer  | Reformer | Reformer | Reformer | Reformer |
| 10:30am | Reformer    | Yoga - Vinyasa | Reformer  | Reformer | Reformer | Reformer |          |
| 11:30am | Mat Pilates |                | Reformer  |          | Reformer | Reformer |          |
| 4:00pm  | Reformer    |                |           |          |          |          |          |
| 5:00pm  | Reformer    | Reformer       | Reformer  | Reformer | Reformer |          |          |
| 6:00pm  | Reformer    |                | Reformer  | Reformer |          |          |          |
| 7:00pm  |             | Reformer       |           | Reformer |          |          |          |

## MOVE Gold Membership Inclusions:

### FUNCTIONAL TRAINING \*Functional Training only available to Gold membership level.

|        | MONDAY     | TUESDAY    | WEDNESDAY | THURSDAY   | FRIDAY   | SATURDAY | SUNDAY     |
|--------|------------|------------|-----------|------------|----------|----------|------------|
| 6:00am | Strength   | Functional | Aerobic   | Functional | Strength |          |            |
| 7:00am |            |            |           |            |          | Aerobic  |            |
| 8:00am |            |            |           |            |          | Strength |            |
| 8:30am |            |            |           |            |          |          | Functional |
| 9:30am | Functional | Aerobic    | Strength  | Aerobic    | Strength |          |            |
| 6:00pm | Strength   | Aerobic    |           | Functional |          |          |            |

### EXERCISE PHYSIOLOGY \*Exercise Physiology only available to Gold membership level.

|         | MONDAY     | TUESDAY      | WEDNESDAY | THURSDAY     | FRIDAY | SATURDAY | SUNDAY |
|---------|------------|--------------|-----------|--------------|--------|----------|--------|
| 9:30am  |            | Gym (AVLC)   |           |              |        |          |        |
| 10:30am |            | Hydrotherapy |           | Hydrotherapy |        |          |        |
| 12:00pm | Gym (AVLC) |              |           |              |        |          |        |
| 4:00pm  |            |              |           | Gym (AVLC)   |        |          |        |
| 5:00pm  |            |              | Gym Based |              |        |          |        |

Classes marked with (AVLC) are held at Ascot Vale Leisure Centre.



### Your Membership App

- Download the Active World App
- Search for our venue in the dropdown
- Select forgot password to reset your account – follow the prompts
- Login once ready and create your quick access code – 4 digits
- Now you're in! Check your programs or book into a new class!

### Active World will allow you to:

- Book into your Group Exercise Classes
- View upcoming classes - via 'My Schedule'
- Place your account on suspension - via 'Manage My Account'
- Update your account and payment details
- Scan in using a digital access card – for when you forget your pass!
- Explore additional offerings like GOswim Lessons, Personal Training and Childcare Services

### Learn about the MOVE Health Clinic:

Allied Health Services That Work With You, For You. MOVE Health Clinic Services include:

- Dietetics (AVLC)
- Occupational Therapy (AVLC)
- Exercise Physiology (KELC + AVLC)

What we support:

- People recovering from musculoskeletal injury or surgery
- Child development
- Older adults seeking mobility and functional health support
- Chronic Disease Management (e.g. diabetes, obesity, cardiovascular disease, arthritis, respiratory conditions)
- Mental Health
- Athletes requiring rehabilitation
- General public wanting to promote their health and prevent disease

No referral necessary. Rebates may be available.



Find out more information here