

WEEK 1

Monday 15 December - Sunday 21 December

# 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 / STADIUM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		BODYPUMP®		BODYPUMP®			
8:00am						LM CORE®	
8:30am						BODYPUMP®	
9:30am	BODYPUMP®	Cardio Boxing	BODYPUMP®	Zumba®	BODYPUMP®		BODYPUMP®
10:30am	Active Adults^	BODYBALANCE®	Mat Pilates	Active Adults			Zumba®
6:00pm	BODYSTEP®	Zumba®	BODYPUMP®	BODYPUMP®			
7:00pm	BODYBALANCE®	BODYPUMP®					

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



### 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

## CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	SPRINT®	MyRide	RPM®	MyRide	RPM®		
7:00am	MyRide	MyRide	MyRide	MyRide	MyRide		
8:30am						Cycle	RPM®
9:00am					SPRINT®		
9:15am	Cycle	RPM®		Cycle			
9:30am						RPM®	
10:30am	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide
12:30pm	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide
4:00pm						MyRide	MyRide
5:30pm	RPM®						
6:00pm					MyRide		
6:30pm	MyRide	MyRide					
7:30pm			MyRide	MyRide			

## AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:10am						Aqua	
7:30am				Aqua			
8:15am	Aqua Warm		Aqua Warm				
8:30am	Aqua	Aqua	Aqua	Aqua	Aqua		Aqua
9:15am	Aqua Warm		Aqua Warm				
9:30am	Aqua	Aqua	Aqua	Aqua	Aqua		
8:00pm	Aqua						

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WELLNESS STUDIO

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
7:00am		Reformer	Reformer	Reformer			
8:00am			Reformer		Reformer		
8:30am						Reformer	
9:15am	Reformer	Reformer	Reformer	Reformer	Reformer		
9:30am						Reformer	Reformer
10:30am	Mat Pilates	Yoga	Yoga - Hatha	Mat Pilates	BODYBALANCE®	Mat Pilates	Reformer
11:30am	Barre				Barre		BODYBALANCE®
12:30pm					Mat Pilates		
5:00pm		Reformer		Reformer			
6:00pm	Reformer	Reformer	Reformer	Reformer			
7:00pm	Reformer	Mat Pilates	Reformer	Mat Pilates			
8:00pm				Yoga			

MOVE Gold Membership Inclusions:

FUNCTIONAL TRAINING

\*Functional Training only available to Gold membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Strength	Aerobic	Functional	Aerobic	Strength		
6:30am	Strength	Aerobic	Functional	Aerobic	Strength		
7:30am						Aerobic	
8:30am						Functional	Aerobic
9:30am	Strength	Aerobic	Functional	Aerobic	Strength		
6:00pm	Strength	Aerobic	Functional				

EXERCISE PHYSIOLOGY

\*Exercise Physiology only available to Gold membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am		Gym	Gym (KELC)		
10:30am		Hydrotherapy (KELC)		Hydrotherapy (KELC)	Falls and Balance (KELC)
11:00am			Hydrotherapy		Falls and Balance
12:00pm	Gym				

Classes marked with (KELC) are held at Keilor East Leisure Centre.

Learn about the MOVE Health Clinic:

- Allied Health Services That Work With You, For You. MOVE Health Clinic Services include:
- Dietetics (AVLC)
  - Exercise Physiology (KELC + AVLC)
  - Physiotherapy (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

No referral necessary. Rebates may be available.



Find out more information here about the MOVE Health Clinic

Learn about our Exercise Physiology Group Program:

With the philosophy of exercise is medicine, our membership program provides an individual tailored exercise treatment plan for everyone who joins. We firmly believe that a ‘one size fits all’ approach does not work when managing illnesses and injuries.

We take into account your specific health concerns, needs and goals and apply an evidence-based approach to treatment in a socially welcoming approach.

- With our Exercise Physiology Group Program, you’ll enjoy:
- Personalised exercise plans designed by our Exercise Physiologists.
  - Access to a dedicated Exercise Physiology Group timetable with Gym and Hydrotherapy led by our Exercise Physiology team.
  - Initial Assessment and Quarterly progress and program reviews to keep you on track.
  - Full membership access to the venue to use anytime.