

# WEEK 3 *Monday 29 December - Sunday 4 January*

## 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
8:00am						CORE®	
8:30am						BODYPUMP®	
9:30am	BODYPUMP®	Cardio Boxing	BODYPUMP®		BODYPUMP®		BODYPUMP®
10:30am	Active Adults^	BODYBALANCE®	Mat Pilates		Active Adults^		Zumba®
6:00pm				BODYPUMP®			
7:00pm		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					
7:00am	MyRide	MyRide	MyRide		MyRide		
8:30am							RPM®
9:00am					SPRINT®		
9:15am	Cycle	RPM®					
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	MyRide						
6:00pm					MyRide		
6:30pm	MyRide	MyRide					

### AQUA

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

# WEEK 3

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## WELLNESS STUDIO

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

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

## 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		Strength		
6:30am	Strength	Aerobic	Functional		Strength		
7:30am						Aerobic	
8:30am				Aerobic		Functional	Aerobic
9:30am	Strength	Aerobic	Functional	Aerobic	Strength		
6:00pm	Strength	Aerobic					

## EXERCISE PHYSIOLOGY

\*Exercise Physiology only available to Gold membership level.

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

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.