

WEEK 2

Monday 22 December - Sunday 28 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODYSTEP®	BODYPUMP®					
7:00am	Virtual - LM CORE®	Virtual - BODYBALANCE®	Virtual - BODYPUMP®				
8:15am						BODYPUMP®	
8:30am			BODYSTEP®				BODYSTEP®
9:30am	BODYPUMP®		BODYPUMP®		BODYPUMP®	BODYCOMBAT®	BODYPUMP®
10:30am	BODYBALANCE®	Zumba®	Pop Yoga		Mat Pilates	Mat Pilates	Mat Pilates
11:30am	Mat Pilates	Mat Pilates	Relax Yoga				
12:30pm	Virtual - BODYCOMBAT®				Active Adults	Pop Yoga	
1:00pm		Active Adults					
1:30pm					Yoga - Gentle	Meditation	
5:15pm		Virtual (30) - BODYCOMBAT®					
5:30pm	BODYPUMP®						
6:00pm		BODYPUMP®					
6:30pm	BODYCOMBAT®						
7:00pm		BODYATTACK®			Virtual (30) - BODYCOMBAT®		
7:15pm	#DANCE						
8:00pm	BODYBALANCE®	Yoga - Gentle Flow					

* 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
9:30am							Boxing
6:00pm	Mat Pilates						
7:00pm	Mat Pilates						

CYCLE STUDIO

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

AQUA

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

WEEK 2

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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
7:00am	Reformer		Reformer				
7:30am						Reformer	
8:30am		Reformer				Reformer	Reformer
9:30am	Reformer	Reformer	Reformer		Reformer	Reformer	Reformer
10:30am	Reformer	Yoga - Vinyasa	Reformer		Reformer	Reformer	
11:30am					Reformer	Reformer	
5:00pm	Reformer	Reformer					
6:00pm	Reformer						
7:00pm		Reformer					

MOVE Gold Membership Inclusions:

FUNCTIONAL TRAINING

*Functional Training only available to Gold membership level.

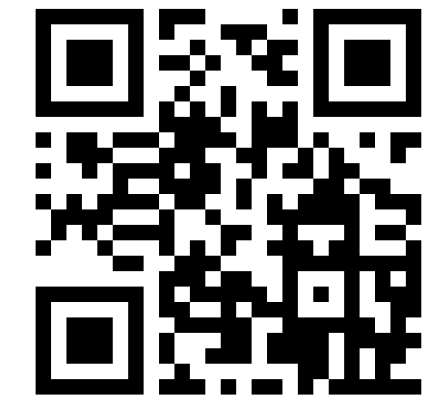
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Strength	Functional	Aerobic				
8:00am						Strength	
8:30am							Functional
9:30am	Functional		Strength		Strength		
6:00pm	Strength	Aerobic					

EXERCISE PHYSIOLOGY

*Exercise Physiology only available to Gold membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am		Gym (AVLC)			
10:30am		Hydrotherapy			
12:00pm	Gym (AVLC)				

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)
- 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
- 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