

WEEK 4

Monday 5 January - Sunday 11 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

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

WEEK 4 *Monday 5 January - Sunday 11 January*

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		
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					Reformer	Reformer	
5:00pm	Reformer	Reformer	Reformer	Reformer	Reformer		
6:00pm	Reformer		Reformer	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		Functional	Aerobic		Stength		
7:00am						Aerobic	
8:00am						Strength	
8:30am							Functional
9:30am	Functional		Strength	Aerobic	Strength		
6:00pm	Strength	Aerobic					

EXERCISE PHYSIOLOGY

*Exercise Physiology only available to Gold membership level.

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