

**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®
10:30am	BODYBALANCE®	Zumba®	BODYPUMP®	Pop Yoga	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
1:00pm					#DANCE	
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®
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				

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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	
7:00am	Reformer		Reformer		Reformer	
7:30am					Reformer	
8:30am		Reformer	Reformer		Reformer	Reformer
9:30am	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		Strength	
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