

# 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®	BODYSTEP®	BODYPUMP®
10:30am	Active Adults^	BODYBALANCE®	Mat Pilates	Active Adults	Active Adults	Circuit	Zumba®
10:30am*	Active Adults*						
11:15am			MIOLI^				
11:30am	Zumba®^	MIOLI^		Active Adults			
6:00pm	BODYSTEP®	Zumba®	BODYPUMP®	BODYPUMP®			
7:00pm	BODYBALANCE®	BODYPUMP®	Cardio Boxing				

\*10:30am Active Adults will be in the Functional Training studio.

^ 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®	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®			RPM®			
6:00pm		SPRINT®	SPRINT®		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	Aqua Warm		Aqua Warm		
8:30am	Aqua	Aqua	Aqua	Aqua	Aqua		Aqua
9:15am	Aqua Warm		Aqua Warm		Aqua Warm		
9:30am	Aqua	Aqua	Aqua	Aqua	Aqua		
7:00pm			Aqua Zumba®				
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				Reformer			
7:00am	Reformer	Reformer	Reformer	Reformer	Reformer		
7:30am						Reformer	
8:00am	Reformer		Reformer		Reformer		
8:15am		Reformer		Reformer			
8:30am						Reformer	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	Mat Pilates		Tai Chi	Barre	BODYBALANCE®	BODYBALANCE®
12:30pm	Barre				Mat Pilates		
5:00pm	Reformer	Reformer	Reformer	Reformer	Reformer		
6:00pm	Reformer	Reformer	Reformer	Reformer			
7:00pm	Reformer	Mat Pilates	Reformer	Mat Pilates			
8:00pm			Yoga - Hatha	Yoga			

## Learn about the MOVE Health Clinic:

Allied Health Services That Work With You, For You.

MOVE Health Clinic Services include:

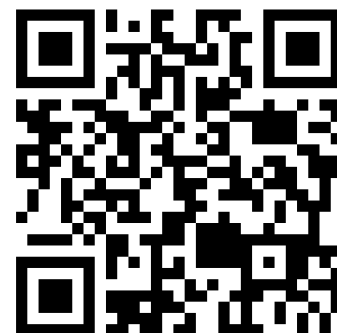
- Exercise Physiology (KELC + AVLC)
- Physiotherapy (AVLC)
- Dietetics (AVLC)

### Bulk Billing Now Available

MOVE Health Clinic offer 30-minute bulk billing Allied Health appointments with no gap payment.

To access bulk billed sessions please enquire with your GP about your eligibility for a Chronic Conditions Management Plan and get a referral for the Allied Health service you require.

Face to face and telehealth appointments available.



Find out more about the MOVE Health Clinic here

## 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				

## GOLD WELLBEING+

\*Sessions only available to Gold Wellbeing+ membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am					
9:30am		Gym			
10:30am		Hydrotherapy (KELC)	Balance & Strength (KELC)	Hydrotherapy (KELC)	
11:00am			Gym		Gym
11:30am				Gym (KELC)	
12:00pm	Balance & Strength				

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

## Learn about our MOVE Gold Wellbeing+ sessions:

The MOVE Gold Wellbeing+ membership is a clinically supported exercise option available at MOVE for people who may benefit from extra guidance and structure with their exercise.

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 MOVE Gold Wellbeing+ membership, you'll enjoy:

- Initial Assessment and Quarterly progress and program reviews to keep you on track.
- Personalised exercise program designed by our Exercise Physiologists.
- Access to a dedicated Gold Wellbeing+ timetable with Gym, Hydrotherapy and Balance & Strength.
- Full membership access to the venue to use anytime.