

# 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®	Mat Pilates	BODYPUMP®	Virtual - BODYCOMBAT®		
7:00am	Virtual - LM CORE®	Virtual - BODYBALANCE®	Virtual - BODYPUMP®	Virtual - BODYCOMBAT®	Virtual - BODYPUMP®		
8:15am						BODYPUMP®	
8:30am	Mat Pilates	Virtual - LM CORE®	BODYBALANCE®	Virtual - LM CORE®			BODYSTEP®
9:30am	BODYPUMP®	#BARRE	BODYSTEP®	BODYATTACK®	BODYPUMP®	BODYCOMBAT®	BODYPUMP®
10:30am	BODYBALANCE®	Zumba®	BODYPUMP®	Pop Yoga	Mat Pilates	Mat Pilates	Mat Pilates
11:30am	Active Adults^	Mat Pilates	Active Adults^	Yoga - Gentle^	Zumba®^	Yoga - Vinyasa	BODYBALANCE®
12:30pm	Mat Pilates		Yoga - Gentle		Active Adults	Pop Yoga	#DANCE
1:00pm		Active Adults		Active Adults			
1:30pm					Yoga - Gentle	Meditation	
2:00pm		Active Adults					
5:00pm					Zumba®* (Family Friendly)		
5:15pm		Virtual (30) - BODYCOMBAT®					
5:30pm	BODYPUMP®						
6:00pm		BODYPUMP®	#BARRE		Mat Pilates		
6:15pm				#DANCE			
6:30pm	BODYCOMBAT®						
7:00pm		BODYATTACK®	BODYPUMP®		Virtual (30) - BODYCOMBAT®		
7:15pm	#DANCE			Pop Yoga			
8:00pm	BODYBALANCE®	Yoga - Gentle Flow	Zumba®				
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
12:30pm		Yoga - Vinyasa					
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	Cycle	SPRINT®	Cycle	Virtual SPRINT®	Cycle		
7:00am	Virtual SPRINT®	Virtual SPRINT®	Virtual SPRINT®	Virtual RPM®	Virtual SPRINT®		
8:30am						RPM®	Virtual SPRINT®
9:30am	Virtual SPRINT®	RPM®	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®		
6:00pm			Cycle				

## 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 HIIT	Aqua HIIT	Aqua	Aqua		Aqua Warm	
11:30am	Aqua Warm	Aqua	Aqua Warm	Aqua Warm		Aqua	
12:30pm	Aqua Warm	Aqua Warm	Aqua HIIT	Aqua Warm			
6:00pm	Aqua Warm						
7:00pm		Aqua Warm					
7:15pm						Aqua Zumba®	

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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	Reformer			Reformer		
6:30am						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		Reformer	Reformer	Reformer	Reformer	
11:30am			Reformer		Reformer	Reformer	
4:00pm	Reformer						
5:00pm	Reformer	Reformer	Reformer	Reformer	Reformer		
6:00pm	Reformer		Reformer	Reformer			
7:00pm		Reformer		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	Functional	Strength		
7:00am						Aerobic	
8:00am						Strength	
8:30am							Functional
9:30am	Strength	Aerobic	Strength	Aerobic	Strength		
6:00pm	Strength	Aerobic		Strength			

### GOLD WELLBEING+

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

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

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

### 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