

# 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

NOTE: Additional virtual classes can be scheduled at any time outside of the regular timetable. To start a virtual class, please use the iPad located next to the TV screen.

|         | MONDAY              | TUESDAY            | WEDNESDAY      | THURSDAY              | FRIDAY                       | SATURDAY       | SUNDAY       |
|---------|---------------------|--------------------|----------------|-----------------------|------------------------------|----------------|--------------|
| 6:00am  | BODYSTEP®           | BODYPUMP®          | Mat Pilates    | BODYPUMP®             | Virtual - BODYCOMBAT®        |                |              |
| 7:00am  | Virtual - BODYPUMP® |                    |                | Virtual - BODYCOMBAT® | Virtual - BODYPUMP®          |                |              |
| 8:15am  |                     |                    |                |                       |                              | BODYPUMP®      |              |
| 8:30am  | Mat Pilates         |                    | BODYBALANCE®   |                       |                              |                | 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®*<br>(Family Friendly) |                |              |
| 5:30pm  | BODYPUMP®           |                    |                |                       |                              |                |              |
| 6:00pm  |                     | BODYPUMP®          | #BARRE         |                       | Mat Pilates                  |                |              |
| 6:15pm  |                     |                    |                | #DANCE                |                              |                |              |
| 6:30pm  | BODYCOMBAT®         |                    |                |                       |                              |                |              |
| 7:00pm  |                     | BODYATTACK®        | BODYPUMP®      |                       |                              |                |              |
| 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

NOTE: Additional virtual classes can be scheduled at any time outside of the regular timetable. To start a virtual class, please use the iPad located next to the stage.

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

## AQUA

|         | MONDAY    | TUESDAY   | WEDNESDAY    | THURSDAY    | FRIDAY       | SATURDAY | SUNDAY |
|---------|-----------|-----------|--------------|-------------|--------------|----------|--------|
| 8:00am  |           |           | Aqua Warm    | Aqua        |              |          |        |
| 8:30am  |           | Aqua      |              |             | Aqua Pilates |          |        |
| 9:00am  |           |           | 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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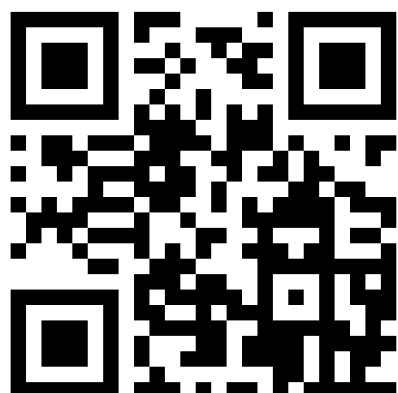
Please arrive 10min prior to class to discuss your needs with the instructor.

### ***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 |          |          |          |



## 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*

### ***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  | Reformer+                 |              |            |              |                    |
| 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.

***Learn about the MOVE Health Clinic:***

*Allied Health Services That Work With You. For You.*

*MOVE Health Clinic Services include:*

- *Exercise Physiology (KELC + AVLK)*
- *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