

GROUP FITNESS CLASS DESCRIPTIONS

Choosing a class that is right for you:

The timetable is designed to cater for people of all ages and fitness levels. If you are unsure of which class will suit you, please contact us and we will assist you.

AQUA: Improve your fitness and endurance with this dynamic and exciting pool based class for all fitness levels. Utilising water dumbbells, noodles, kickboards and your own bodyweight to create resistance in the water. (45 mins)

AQUA-LO: A great way to maintain fitness. Will keep your heart rate up but won't have you gasping for breath. Light to moderate intensity. (45 mins)

AQUA ZUMBA: Easy to follow dance moves in the shallow water, this class is heaps of fun. (45 mins)

BODYATTACK®: A high-energy, calorie-burning athletic workout with strong, simple moves to pumping music. The most intense workout! (55 mins)

BODYCOMBAT®: Combines moves and stances developed from self-defence disciplines - Karate, Boxing & Muay Thai. Fiercely energetic class taught in a safe, simple manner. Fights fat fast! (55 mins)

BODYPUMP®: A rapid, resistance training workout using barbells providing the quickest and best fat-burner of any fitness class. (55 mins)

BODYSTEP®: High energy cardio combination targeting abdominal area, buttocks and thighs. (55 mins)

BOXING/CIRCUIT: Fiercely energetic boxing style class for all fitness levels. This class is made up of different circuit style exercises designed to improve lifestyle through weight loss, muscle tone, increased fitness and confidence. (55 mins)

CIRCUIT WORK IT: A circuit based class with all types of activities that targets weight loss and strength. Move between stations to burn calories fast! (55 mins)

CORE N MORE: The classic abs class that targets your abdominals and improves overall core strength and stability. (25 mins)

CX WORX®: A high intensity workout that will tighten and tone core muscles, improves functional mobility and strength. (25 mins)

DEEP WATER AQUA: High Intensity Aqua class utilising flotation belts for buoyancy - giving fantastic cardio results with minimal impact on joints. (45 mins)

GENTLE AQUA: Low-impact water workout - great introduction to aquatic exercise or for those returning to exercise or for rehabilitation - gentle on the joints. (45 mins)

META FIT: Work your big muscle groups at high intensity intervals. Incorporating bodyweight exercises that will burn fat away. (25 mins)

PILATES: Our mat Pilates sessions work on the body's core strength and stability to promote correct posture and alignment. (55 mins)

RPM/CYCLE®: Indoor studio cycle class. Burn 600 calories in 45mins! Low impact workout with the intensity controlled by you. Results in no time. (45 mins)

SENIORS STRENGTH: A resistance training workout using a variety of styles designed specifically for mature adults (Only available to mature adults). (45 mins)

TAI CHI: A Chinese system of slow meditative physical exercise designed for relaxation, balance and health. (55 mins)

TEEN STRENGTH: Learn the best technique to move safely as you build your strength and fitness. Incorporating bodyweight and light resistance to build strong foundations for weight training and sports. (55 mins)

YOGA: Help to increase flexibility, strength and joint stability. Reduces physical and mental stress. (55 mins)

ZUMBA®: The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow dance moves. (55 mins)

PLEASE NOTE:

- Timetable subject to change. For changes see signs, ask our staff at customer service and follow us on facebook.
- Teen members from 13 -15 have access to group fitness classes and the health club during their access times.
- Please understand that our Team will try to avoid canceling any group fitness classes - if required we will always attempt to run another class format to make sure our members still receive their workout for the day. Refer to Terms & Conditions for further information.

CENTRE OPENING HOURS:

Monday to Friday	5.45am - 10.00pm
Weekends & Public Holidays	8.00am - 6.15pm
New Years Day	12.00pm - 6.15pm
ANZAC Day	1.00pm - 6.15pm
Christmas Day, Boxing Day & Good Friday	Closed

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Maribyrnong Aquatic Centre GROUP FITNESS PROGRAM



SUMMER

Effective 9th January 2017





GROUP FITNESS PROGRAM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am			★ YOGA	PILATES EXPRESS	★ BODYPUMP EXPRESS		
8.15am						CX WORX	
8.30am			SENIORS STRENGTH				
9.00am	CX WORX	CORE N MORE		META FIT		BODYPUMP	BODYPUMP
9.30am	BODYPUMP	BODYATTACK	CX WORX	BODYSTEP	BODYPUMP		
10.00am			BOXING				
10.15am						BODYATTACK	BODYSTEP
10.30am	★ CIRCUIT WORK IT	YOGA		ZUMBA	PILATES		
11.30am		TAI CHI (Returns Feb 7th)					
12.15pm						YOGA	
4.30pm		TEEN FIT					
5.00pm							PILATES
6.00pm			CX WORX				
6.30pm	BODYCOMBAT	BODYATTACK	BODYPUMP	BOXING	BODYPUMP		
7.30pm	BODYPUMP	ZUMBA	BODYSTEP	PILATES	YOGA		
8.30pm	YOGA	PILATES	★ META FIT				

CYCLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		CYCLE		CYCLE			
8.15am						RPM	
10.00am							CYCLE
10.15am							
10.30am	RPM				RPM		
6.30pm	CYCLE		RPM				

AQUA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00am	AQUA-LO				AQUA-LO		
9.30am			AQUA - ZUMBA				
9.45am						AQUA	
2.00pm		GENTLE AQUA					
2.45pm				GENTLE AQUA			
7.00pm	AQUA						
7.15pm				DEEP WATER AQUA			

LEGEND:

- New Time
- ★ New Class
- Extended to 45 mins

To attend a class, please arrive 5-10 mins earlier and collect a ticket from customer service. For your safety, no entry allowed once the class has begun or without a valid ticket.

If it is your first time attending a class, arrive early to speak to the instructor so they can help guide you. Please wear appropriate clothing and footwear for your class, bring along a towel and bottle of water.

ENJOY YOUR CLASS!