

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.

LES MILLS CLASSES

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

BODY BALANCE®: Uses a range of movements and motion set to music that will improve your mind, your body and your life. Blends elements of Yoga, Pilates & Tai Chi. (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)

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

FREESTYLE CLASSES

AQUA: Improve your fitness and endurance with this dynamic and exciting pool based class for all fitness levels. (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 TONE: Is a total toning aqua class incorporating kickboards, noodles and aqua dumbbells. (45 mins)

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

BODY BLITZ: Is a high intensity cardio and circuit workout targeting your total body and core strength. (55 mins)

BOXING/CIRCUIT: This energetic class is made up of different boxing and circuit style exercises designed to help reduce weight loss and improve muscle tone and increased fitness. (55 mins)

DEEP WATER AQUA: Aqua class in deep water using floatation belts with a focus on toning and core strength. (45 mins)

FUNCTIONAL TRAINING: Incorporates TRX, kettlebells, slam balls and more to improve basic functional movements. Capped at 10 participants. (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)

MEDITATION: A class that incorporates a state of deep peace when the mind is calm and relaxed.. (25 mins)

PILATES/PILATES EXPRESS: Our mat Pilates sessions work on the body's core strength and stability to promote correct posture and alignment. (55mins/45mins)

SENIORS STRENGTH/ SENIORS STRENGTH EXPRESS: 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. (45 mins)

YIN YOGA: is a slow-paced style of yoga with postures or asanas that are held for longer periods of time. (55 mins)

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

WOMENS YOGA: Female only Yoga class that helps increase flexibility, strength and joint stability. Can help to reduce physical and mental stress. (55 mins)

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

ZUMBA GOLD: Get Groovin at your own pace. Easy to follow invigorating dance fitness class with low impact moves for active older adults. (55 mins)

PLEASE NOTE:

- Timetable subject to change. For changes see signs, ask our staff at customer service and follow us on facebook
- All participants must be 16 years or older except for valid teen members. Teen members may attend group fitness classes and access the health club during their access times only
- MAC management will try to avoid cancelling any group fitness classes. If required, we will attempt to operate another class format in the allocated time slot.

Maribyrnong Aquatic Centre GROUP FITNESS PROGRAM



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

A. 1 Aquatic Drive, Maribyrnong VIC 3032 T. 9032 4100
E. mac@maribyrnong.vic.gov.au W. maribyrnong.vic.gov.au/mac

Winter

Effective 3rd June 2019



GROUP FITNESS PROGRAM

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	FUNCTIONAL TRAINING (GYM) (6.15am)		YOGA	PILATES EXPRESS 1	LES MILLS BODYPUMP EXPRESS 1		
8.00am	SENIOR STRENGTH EXPRESS	ZUMBA GOLD					
8.15am						LES MILLS CX WORX	
8.30am			SENIORS STRENGTH				
9.00am	LES MILLS CX WORX	LES MILLS CX WORX			FUNCTIONAL TRAINING (GYM)	LES MILLS BODYPUMP	
9.30am	LES MILLS BODYPUMP	BODY BLITZ	LES MILLS CX WORX	LES MILLS BODYSTEP	LES MILLS BODYPUMP		
10.00am			BOXING				
10.15am						LES MILLS BODYATTACK	LES MILLS BODYSTEP
10.30am	LES MILLS BODY BALANCE	YOGA		ZUMBA	PILATES		
11.30am		TAI CHI	YIN YOGA (11.00am)		TAI CHI	YOGA	
12.00pm			MEDITATION ●				
4.30pm		TEEN FIT	TEEN FIT				Women's ONLY Yoga (4pm)
5.00pm							PILATES
6.00pm		FUNCTIONAL TRAINING (GYM) ►	LES MILLS CX WORX				
6.30pm	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYPUMP	BOXING	LES MILLS BODYPUMP		
7.30pm	LES MILLS BODYPUMP	ZUMBA	LES MILLS BODYSTEP	PILATES	YOGA		
8.30pm	YOGA	PILATES	LES MILLS BODY BALANCE	YIN YOGA (8.40pm)			

CYCLE

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		CYCLE		CYCLE			
8.15am						LES MILLS RPM	
10.00am							CYCLE
10.15am							
10.30am	LES MILLS RPM EXPRESS 2				LES MILLS RPM		
6.30pm			CYCLE				

AQUA

START 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		GENTLE AQUA			
2.30pm							
7.00pm	AQUA TONE						
7.30pm				DEEP WATER AQUA ►			

LEGEND:

● New Time

★ New Class

■ Extended to 45 mins

► Class under review

1 Express Class: 45mins

2 Express Class: 30mins

To attend a class, please arrive 5-10 mins earlier and collect a ticket from customer service or from the self-serve kiosk. 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!