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		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	Virtual - BODYCOMBAT®		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.

Keilor East LEISURE CENTRE

PROGRAM ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am						Women's Only BODYBALANCE®	
9:30am							Boxing
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				
6:30pm				Virtual SPRINT®			

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

MOVE | City of Moonee Valley

Group Fitness Timetable

Keilor East LEISURE CENTRE

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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	Yoga - Vinyasa	Reformer	Reformer	Reformer	Reformer	
11:30am	Mat Pilates		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	Functional	Aerobic	Strength	Aerobic	Strength		
6:00pm	Strength	Aerobic		Functional			

EXERCISE PHYSIOLOGY

*Exercise Physiology only available to Gold membership level.

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

Classes marked with (AVLC) are held at Ascot Vale Leisure Centre.

ACTIVE WORLD

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:

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

What we support:

- *People recovering from musculoskeletal injury or surgery*
- *Child development*
- *Older adults seeking mobility and functional health support*
- *Chronic Disease Management (e.g. diabetes, obesity, cardiovascular disease, arthritis, respiratory conditions)*
- *Mental Health*
- *Athletes requiring rehabilitation*
- *General public wanting to promote their health and prevent disease*

No referral necessary. Rebates may be available.

Find out more information here

MOVE | City of Moonee Valley