



# MAAC GROUP FITNESS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6:15 AM</b>	M45 (45 mins)	RAISE THE BAR (45 mins)	STEP (45 mins)	RAISE THE BAR (45 mins)	FREESTYLE FRIDAY (45 mins)
<b>9:15 AM</b>	ROLLATES (45 mins)	BODYFLOW (45 mins)	PILATES (45 mins)	TAI CHI (60 mins)	
<b>10:30 AM POOL</b>	AQUA (45 mins)		AQUA (45 mins)		AQUA (45 mins)
<b>5:30 PM</b>	RAISE THE BAR (60 mins)	M30 (30 mins)	PILATES (45 mins)	M30 (30 mins)	
<b>6:15 PM</b>		BODYFLOW (45 mins)	ZUMBA (45 mins)	YOGA (60 mins)	

Current from April 30<sup>th</sup> 2018

Let the enthusiasm and energy of the group be your fuel...



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# MAAC GROUP FITNESS CLASS DEFINITIONS



**M45 / M30** a cardio & conditioning program consisting of a mix of aerobic and strength exercises. Each class you will experience different exercises & timing to achieve incredible results.

**RAISE THE BAR** full body workout, that will smash your calories, tone & shape your entire body, using light to moderate weights. The high repetitions & overload effect will give you the ultimate conditioning workout.

**STEP** aerobic exercise distinguished from other types of exercise by its use of an elevated platform, the step. The height can be tailored to individual needs by adjusting the risers under the step. Suitable for all fitness levels.

**ROLLATES** is an action packed core workout using all Pilates based exercises performed with the Foam Roller apparatus. Great for your weekly core express session.

**PILATES** will help you improve your balance, flexibility & core strength through a unique exercise system, which emphasises a balanced development of the muscular system through postural strength & skeletal stability.

**FREE STYLE FRIDAY** come along to finish off the week with a challenge. The class instructor & format will be announced weekly on a Monday in Centre, on Facebook & Instagram.

**AQUA** water based class designed to improve cardiovascular fitness, muscular strength and endurance; without impact on your joints, making our aqua workouts safe & fun. Suitable for all fitness levels.

**TAI CHI** is a gentle form of slow flowing exercise, promoting mobility, confidence & heart health. Especially helpful for improving balance & reducing risk of falls. This low intensity class is suitable for all levels.

**YOGA** is a mobility based session combining postures and breathing exercises, which are used to build physical strength and flexibility. This class also provides a calming & relaxing effect which aids in relaxation & reducing stress.



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**BODYFLOW** combines a fusion of Yoga, Tai-chi and Pilates choreographed to music. This class will improve your posture, balance, flexibility and assist you in finding your inner calms.



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## MAAC Member Discounts

MAAC Member Group Fitness \$ 5.00  
15 Class Pack \$ 60.00 (\$4.00 a class)  
Or upgrade to a **Plus Membership for \$10 a week** unlimited classes



## Non MAAC Members

Casual Group Fitness \$ 10.00  
15 Class Pack \$105.00 (\$7.00 a class)  
Swim entry included before or after any class