

MAAC GROUP FITNESS



Casual Group Fitness
 \$10 per class
 \$105 (\$7/class)
Members
Casual Group Fitness
 \$5 Per class
 \$60 (\$4/class)
Plus Membership
 \$10 extra a week
 (Unlimited classes)
www.maac ltd.com

T - 02 6752 2272
 E - info@maac ltd.com

Jan '19	MON	TUES	WED	THURS	FRI
6:15am		M45 (45 mins)	Slammin Step or Step (45 mins)	Raise the Bar (45 mins)	
9:15am			Power Pilates & Rollers		
10:30am	Aqua (45 mins)		Aqua (45 mins)	Aqua for the week of the 21st is to be confirmed !!	
5:30pm	Power Pilates & Rollers	Raise the Bar (45 mins)	Yin Yoga (45 mins)	M45 (45 mins)	Sun

Wednesday 6:15am alternates 9th Slammin' Step, 16th Step, 23rd Slammin' Step, 30th Step
Timetable runs from 7 Jan to 1 Feb 2019

Let the enthusiasm and energy of the group be your fuel

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

AQUA water based class designed to improve cardio fitness, muscular strength & endurance; without impact on your joints, making our aqua workouts safe & fun.

RAISE THE BAR full body workout, that will smash calories, tone & shape your entire body, using weights. High reps & overload effect - 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 by adjusting the risers under the step.

PILATES combination of stretch & strength exercises to improve your balance, flexibility & core through the development of postural strength & skeletal stability.

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.

YOGA is a mobility based session combining postures & breathing exercises, used to build physical strength & flexibility. Aids in relaxation & reducing stress.

BODYFLOW combines a fusion of Yoga, Tai-chi and Pilates choreographed to music. To improve your posture, balance, flexibility and assist you in finding your inner calm.

SPIN a cardio workout that involves neither rhythm nor complex moves. It's on a bike so therefore low-impact, you are in control of your pace & resistance.

ZUMBA Take the "work" out of workout, by mixing low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party & learn thrifty footwork.

HIIT (High Intensity Interval Training) accelerates fat burning through high intensity cardio. You control intensity & ultimately any improvements in power or fitness.

FREE STYLE FRIDAY If spin is not your thing come along to finish off the week with a challenge. The instructor & format will be announced in the Centre, on Facebook & Instagram.