

MAAC GROUP FITNESS



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

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OCT '18	MON	TUES	WED	THURS	FRI
6:15am	HIIT (45 mins)	Raise the Bar (45 mins)	Step (45 mins)	Raise the Bar (45 mins)	6:15am Spin
9:15am	Rollates (45 mins)	Bodyflow (45 mins)	Pilates (45 mins)		6:15am Free Style
10:30am	Aqua (45 mins)		Aqua (45 mins)		Aqua (45 mins)
5:30pm	Raise the Bar (60 mins)	M30 (30 mins)	Pilates (45 mins)	M30 (30 mins)	Sun 4pm
6:15pm		Bodyflow (45 mins)	Zumba (45 mins)	Yoga (60 mins)	Yoga (60 mins)

*Timetable
 25 Oct to
 21 Dec 2018*

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.