

FITNESS Class Descriptions

30 MINUTE AB ATTACK This 30 minute workout focuses primarily on the abs, core and lower back. It's a class that caters for all levels with a goal of improving strength in the abdominal region. A perfect class to do at the end of your workout.

AEROBICS High intensity class utilising both high and low impact moves. Choreographed combinations to keep participants mentally and physically challenged.

BOXING CIRCUIT This dynamic class will alternate aerobic exercise with weight stations and boxing. Boxing equipment will be provided in the class, which is suitable for men and women at all levels of fitness. Be prepared to sweat! (Inner gloves are compulsory, available at the MSAC Shop.)

CORE AND STRETCH This class focuses on strengthening movements for the pelvic floor and abdominal muscles and full body flexibility exercises.

CROSS TRAINER A class that is ideal for developing all round fitness. Aerobic and resistance training exercises are performed at

different stages throughout the class creating a fun and challenging workout that is different every time.

LES MILLS BODYJAM™ A high intensity ultimate groove class. An addictive mixture of dance and aerobics moves blended with the latest and greatest sounds of hip hop, funk and Latin American music.

LES MILLS BODYPUMP™ Using easy-to-adjust barbells, Body Pump is ideal for participants who are interested in muscle conditioning for increases in strength, endurance and bone density.

PELTON Great for all levels of fitness, this group cycling class helps combine various motivational and sports psychology techniques to help participants improve cardiovascular fitness and expend energy in a controlled and focused session.

RUNNING GROUP Participants experience hill runs, speed drills and time trials with a fun, motivating and challenging group of passionate runners. New participants of all levels are always welcome.

STEP A solid aerobic workout using a platform. The use of light hand weights and altering the height of the step changes the intensity, therefore making it suitable for all fitness levels.

TREWADVANTAGE TrewAdvantage offers group personal training sessions that cater for all levels of fitness. Participants are encouraged to work at a consistent intensity, to focus on weight loss and increasing fitness levels. The class incorporates upper and lower body exercises with cardiovascular intervals. Only available to Trewadvantage members.

WYSER@50+ This is a low intensity class designed for those over 50 and starting an exercise program to increase functional strength and fitness.

TRX The TRX Suspension Trainer uses your own body weight as resistance to stretch, tone and build muscle. You will instantly feel your core engage as you progress through a series of movements. Perfect for beginners right through to the elite sportsperson

WELLNESS Class Descriptions

BALL PILATES Fusing the free flowing resistance movements of the Ball with traditional Pilates, this class will tone, strengthen and increase flexibility. Great for any fitness level with a goal of strengthening up the core muscles.

FELDENKRAIS Feldenkrais is a method for learning how to be aware of simple movements you do hundreds of times each day and to greatly improve the way you move, think and feel. It can relieve chronic pain, backache, tension, stiffness and anxiety.

PILATES Pilates movements are practiced with control, concentration, precision and flow. In order to create any real change in your body, it is important to understand not only the movements involved in Pilates exercises but also the guiding principles that transform these exercises into a restorative and balancing mind body workout.

PILATES REFORMER INTRODUCTORY The Pilates Introductory class is ideal for those who have never participated in a Pilates class. We encourage new participants to undertake a minimum of 5 introductory classes before participating in Reformer Essential classes.

PILATES REFORMER ESSENTIAL This class covers the postural and technical aspects of Pilates reformer whilst offering a workout that forms an excellent base for progressive stabilisation work.

PILATES REFORMER EXPERIENCED Upon completing 10 hours of Pilates work, this class is more advanced in technique and intensity requiring higher levels of concentration. This class caters for participants who have experience working with the reformer beds and can demonstrate strength and stability.

PILATES MAT MOVES Performed on the floor the Mat class is very much attuned to developing the flexibility and strength of participants. A typical mat class will involve movements carried out with control, concentration, precision and flow.

YOGA ASHTANGA BASED FLOW Emphasis is on cultivating and sustaining an inner calm throughout a challenging practice. Ashtanga Yoga comprises postures taught in a form known as "vinyasa", which links postures in a flow designed to strengthen, align, and purify the entire body and mind.

YOGA HATHA This form of yoga focuses on simple poses that flow from one to the other at a very comfortable pace. This class focuses on breathing, meditation, endurance and flexibility. Hatha yoga is ideal for winding down at the end of a tough day.

YOGA IYENGAR Iyengar's benefits includes toning muscles, eliminating tension and easing chronic pain, Iyengar yoga will give you a good knowledge of classic yoga poses such as alignment and inner awareness.

YOGA SYNERGY Yoga Synergy links postural movements with the breath while maintaining an awareness of anatomical and physiological alignment. Yoga Synergy is a dynamic moving meditation, which improves cardiovascular fitness, strength and flexibility. Class duration 90 mins.

YOGA VINYASA Vinyasa yoga aims to purify the body through increased circulation. It is a fast paced style of yoga, strengthening the body and mind through synchronised breathing and flowing movements. It also strengthens tendons and hard tissues and improves flexibility. Some popular yoga styles are actually Vinyasa styles – such as Ashtanga yoga.

AQUATIC Class Descriptions

AQUA EXERCISE CLASS Weight bearing, low impact, low resistance, light cardio exercise. Ideal for an individual who is commencing a fitness regime; is undergoing rehabilitation; is pregnant; or is senior requiring some resistance training. Classes' use of a variety of equipment and are conducted in a group environment, catering for all levels of fitness. Class duration 45 minutes, conducted in the 25 metre Lap Pool.

LEVEL OF INTENSITY: LOW/MEDIUM

AQUATIC KICK AND BOX Weight bearing, low impact, high resistance. Designed for all levels of fitness and involves powerful boxing and kicking movements in the water (Non contact). Class duration 45 minutes, conducted in the 25 metre Lap Pool.

LEVEL OF INTENSITY: MEDIUM

DEEP WATER MUSCLE TONE Non weight bearing, low impact, medium to high resistance. Requires a medium level of fitness. Suitable for rehabilitation. Participants are expected to tread water for the entire class with the assistance of buoyancy belts. Resistance equipment is used to tone all areas of the body, focusing on core abdominal area. Classes conducted in the dive pool, duration 60 minutes.

LEVEL OF INTENSITY: MEDIUM

DEEP WATER RUNNING Non weight bearing, low impact, high resistance exercise. A medium level of fitness and good health is required. Conditioning and toning exercises focus on core strength, with high cardio fitness workouts. Classes conducted in the dive pool, duration 60 minutes.

LEVEL OF INTENSITY: MEDIUM/HIGH

INTERVAL TRAINING Weight bearing, low impact. Cardiovascular workout consisting of both low and high intensity activities. High intensity exercise for set time periods, followed by short rest periods. Provision is made to repeat a workout a single time or to repeat continuously. Challenging class designed to increase fitness levels. Class duration 45 minutes, conducted in the 25 metre Lap Pool.

LEVEL OF INTENSITY: MEDIUM/HIGH

SWEAT Weight bearing, low impact exercise to music for people with disabilities, older adults and people returning from injury who are considered unfit. Participants are encouraged to work at their own pace. Class duration 60 minutes, conducted in the 25 metre Lap Pool.

LEVEL OF INTENSITY: LOW

For more information about any of our programs, call us on: **(03) 9926 1609**



Melbourne Sports and Aquatic Centre
Aughtie Drive, Albert Park
www.msac.com.au
e: msac@msac.com.au



HEALTH & WELLNESS GROUP FITNESS TIMETABLE

TERM 2 TIMETABLE: APRIL 12TH - JULY 11TH 2010



HEALTH & WELLNESS GROUP FITNESS TIMETABLE

■ FITNESS CENTRE
 ■ WELLNESS ZONE
 ■ AQUATIC

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM	■ BODYPUMP ■ TREW ADVANTAGE Yoga Room ■ PELOTON	■ PELOTON ■ AQUATIC EXERCISE ■ YOGA VINYASA	■ PELOTON ■ PILATES MAT MOVES ■ BODYPUMP	■ BOXING CIRCUIT ■ PILATES REFORMER ESSENTIAL ■ AQUATIC EXERCISE ■ PELOTON	■ BODYPUMP ■ TREW ADVANTAGE Yoga Room ■ DEEP WATER RUNNING		
6:30AM							
7:00AM		■ PELOTON ■ INTERVAL TRAINING (7:15AM)					
8:15AM		■ AQUATIC EXERCISE AQUATIC KICK AND BOX	■ AQUATIC EXERCISE	■ AQUATIC EXERCISE	■ AQUATIC EXERCISE	■ BODYPUMP (8:00AM) ■ PELOTON ■ AQUATIC EXERCISE (8:30AM) ■ PELOTON ■ BODYPUMP	■ AQUATIC EXERCISE (8:30 AM) ■ AEROBICS
9:15AM							
9:20AM	■ BOXING CIRCUIT ■ YOGA VINYASA	■ BODYPUMP ■ PELOTON ■ PILATES REFORMER ESSENTIAL ■ YOGA SYNERGY	■ PELOTON ■ YOGA IYENGAR ■ TRX	■ BODYPUMP ■ PILATES REFORMER EXPERIENCED	■ BOXING CIRCUIT ■ YOGA HATHA	■ YOGA ASHTANGA (creche) ■ PILATES MAT MOVES	■ PILATES REFORMER INTRODUCTORY
9:30AM	■ AQUATIC EXERCISE	■ INTERVAL TRAINING	■ AQUATIC EXERCISE	■ AQUATIC EXERCISE	■ AQUATIC EXERCISE	■ DEEP WATER RUNNING	■ AQUATIC EXERCISE
10:20AM	■ CORE & STRETCH	■ 30 MIN AB ATTACK	■ PELOTON ■ ASHTANGA BASED FLOW (90 mins)			■ STEP (10:15AM) ■ YOGA ASHTANGA (90 mins) ■ PILATES REFORMER EXPERIENCED	■ PELOTON (10:15AM) ■ PILATES REFORMER EXPERIENCED
10:45AM	■ PILATES REFORMER INTRODUCTORY	■ DEEP WATER MUSCLE TONE ■ PILATES REFORMER ESSENTIAL ■ BALL PILATES (10:55AM)				■ PILATES MAT MOVES ■ DEEP WATER MUSCLE TONE	
11:30AM						■ PILATES REFORMER ESSENTIAL	■ PILATES REFORMER ESSENTIAL
12:00PM						■ WYSER CLASS	■ WYSER CLASS
1:15PM						■ SWEAT	
5:15PM							■ BODYPUMP
6:00PM	■ PELOTON ■ YOGA HATHA ■ PILATES REFORMER ESSENTIAL	■ BODYPUMP	■ BOXING CIRCUIT ■ YOGA IYENGAR (90mins) ■ YOGA SYNERGY (90 mins)	■ PELOTON ■ BODYPUMP ■ YOGA SYNERGY (90 mins)	■ PELOTON ■ BODYPUMP ■ YOGA SYNERGY (90 mins)	■ BOXING CIRCUIT ■ BODYPUMP ■ YOGA SYNERGY (90 mins)	■ PELOTON ■ BODYPUMP ■ YOGA SYNERGY (90 mins)
6:30PM	■ BODYPUMP ■ AQUATIC EXERCISE ■ DEEP WATER RUNNING	■ PELOTON ■ RUNNING GROUP ■ PILATES REFORMER ESSENTIAL ■ YOGA ASHTANGA ■ AQUATIC EXERCISE ■ DEEP WATER RUNNING	■ PELOTON ■ PILATES REFORMER ESSENTIAL * ■ TRX	■ PELOTON ■ PILATES REFORMER ESSENTIAL ■ TRX ■ DEEP WATER MUSCLE TONE	■ RUNNING GROUP ■ PILATES REFORMER ESSENTIAL ■ DEEP WATER MUSCLE TONE	■ RUNNING GROUP ■ PILATES REFORMER ESSENTIAL ■ DEEP WATER MUSCLE TONE	■ RUNNING GROUP ■ PILATES REFORMER ESSENTIAL ■ DEEP WATER MUSCLE TONE
7:00PM	■ PILATES MAT MOVES		■ TREW ADVANTAGE Aerobics Room			■ 30 MINUTE AB ATTACK TUESDAY 10:20AM ■ RUNNING GROUP TUESDAY 6:30PM ■ ASHTANGA BASED FLOW WEDNESDAY 10:20AM ■ YOGA ASHTANGA SATURDAY 9:20AM	
7:30PM						■ PILATES REFORMER INTRODUCTORY	

LONELY CLASS LIST

These classes are at risk of being changed or removed from the timetable due to consistent low participation levels. The classes will be given a further four weeks for participation levels to increase before any decisions are made. If you like the class, show your support by helping the class numbers grow! Please direct any feedback to the Health and Wellness Manager.

30 MINUTE AB ATTACK	TUESDAY 10:20AM
RUNNING GROUP	TUESDAY 6:30PM
ASHTANGA BASED FLOW	WEDNESDAY 10:20AM
YOGA ASHTANGA	SATURDAY 9:20AM

FITNESS CENTRE

	HOURS
MONDAY – FRIDAY	5:30AM – 10:00PM
WEEKENDS	7:00AM – 8:00PM

AQUATIC

	HOURS
MONDAY – FRIDAY	5:30AM – 10:00PM
WEEKENDS	7:00AM – 8:00PM

WELLNESS ZONE

Operational Hours

	MORNING	EVENING
MONDAY - FRIDAY	6:00AM – 1:00PM (WED 6:00AM - 11:00AM)	4:30PM – 9:00PM
WEEKENDS	7:00AM – 10:00AM	2:00PM – 8:00PM

*WEDNESDAY 6:30PM PILATES REFORMER ESSENTIAL WILL COMMENCE FROM APRIL 21ST
 CLASSES ARE 60 MINUTES IN DURATION UNLESS OTHERWISE STATED

PLEASE NOTE: ALL WELLNESS ZONE TIMES ARE SUBJECT TO CHANGE. PLEASE CONTACT US FOR UP TO DATE INFORMATION.

AQUATIC EXERCISE

	ADULT	CONCESSION
SINGLE VISIT	\$10.50	\$8.40
10 VISIT PASS	\$85.00	\$68.00

HEALTH AND WELLNESS

Casual Multi-Visit Discount Passes

	COST
10 VISIT PASS	\$180.00
20 VISIT PASS	\$320.00
50 VISIT PASS	\$650.00

ENQUIRE ABOUT A PLATINUM MEMBERSHIP WHICH ENTITLES ACCESS TO ALL GROUP EXERCISE CLASSES, FITNESS CENTRE, WELLNESS ZONE AND POOLS. FLEXI MULTI-VISIT PASSES ALSO AVAILABLE.