

GROUP FITNESS TIMETABLE 2024

		MON	TUES	WED	THURS
GROUP FITNESS CLASSES	9:10am			Pilates (45min)	
	6.00pm		#Dance (45min)		
	7.00pm				Zumba (45min)

Pilates

Pilates will challenge your strength, flexibility and coordination with traditional and modern Pilates. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout.

Pilates has the power to transform your physical, emotional and spiritual state. 45 minute class.
Note: Please bring your own mat

#Dance

#Dance is a 45 minute dance fitness class. It features great music from all kinds of genres; a wide variety of dance styles and choreography that will suit all abilities from beginners to those with more dance experience.

#Dance focuses on fun and having a good time whilst keeping you healthy and active. A workout that is accessible across all ages, as well as all fitness abilities, from absolute beginners, through to experienced dance-fitness athletes.

**HAVE AN IDEA FOR A GROUP FITNESS CLASS?
DROP US A LINE AT: INFO@MARCMOORABOOL.COM.AU**

NEW CLASSES COMING SOON – STAY TUNED!

GROUP FITNESS CLASSES PRICING	1x VISIT PASS	10x VISIT PASSES
Adult	\$15.00	\$135.00
Concession	\$12.00	\$108.00
Seniors	\$7.20	\$64.90