

GROUP FITNESS TIMETABLE 2024

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

Zumba

Exotic rhythms set to high energy Latin and international beats. It's a combination of fitness and dance moves to swinging Latin music.

#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