

**Your TeamMSAC Training Groups –
to maximise results and assist in reaching your goals.**

July 2011 – June 2012

Times	MON	TUE	WED	THU	FRI	SAT	SUN
6.15am				Boxing Circuit (FC)	Deep Water Running (POOLS)		
6.30am							
7.00am		Peloton Express (FC)					
9.20am			TRX (FOYER)				Pilates Reformer (WZ)
9.30am						Deep Water Running (POOLS)	
10.20am	Core & Stretch (WZ)						Peloton (10.15am) (FC)
6.00pm							
6.30pm	Deep Water Running (POOLS)	Running Group (FC)					
7:00pm				Ab Attack (FC)			

POOLS: MSAC swimming pools [please report to Fitness Centre] **WZ:** MSAC Wellness Zone [level 2, MSAC]
FC: MSAC Fitness Centre [level 1, MSAC]

* Please present your membership card to the Fitness Centre desk (for FC and POOLS classes) or the Wellness Zone Desk (for WZ classes) prior to the class. To enquire about other group fitness classes visit our friendly staff in the Fitness Centre.