

Welcome to the March edition of the MU Sport Fitness News. This quarterly newsletter provides the latest information and updates for fitness members and the MU Sport community. MU Sport wishes all student members good luck for the new academic year.

FITNESS NEWS AND UPDATES



WELCOME TO MU SPORT!

MU Sport would like to welcome all of those participants who have visited our strength and cardio facilities, pool and group fitness classes this year. A big welcome back to those who have returned after a break over summer, and a big welcome aboard to those who have visited us for the first time.

Whether you are a fitness member or casual user of the gym, pool or group fitness, MU Sport wants to work with you to make your fitness experience enjoyable and to assist you in achieving your fitness goals in 2017. Find out more about your [fitness membership benefits](#).

WINNER OF ORIENTATION FITBIT PRIZE

Congratulations to Derek Chen who is the lucky winner of a FitBit Blaze for signing up for a new fitness membership during the Semester 1 Orientation period.



NEW BIKES AND CYCLING PROGRAM

New Group Fitness Cycling programs RPM™ and Sprint™ launch on Monday 3 April with [BODY BIKE SMART@+](#) bikes.

These classes from Les Mills will use the new BODY BIKE SMART@+ bikes. The bikes set new standards for indoor cycling with state-of-the-art technology and design, with the [BODY BIKE® app](#) allowing users to track and record progress from each class.

Try out the new RPM™ and Sprint™ launch classes with master trainers (running Monday 3 to Friday 7 April) by booking at the Nona Lee Sports Centre reception. These launch classes are FREE for University of Melbourne (UoM) students.



Find out more about [the new bikes and the new Group Fitness cycling program](#).

GROUP FITNESS STAYS COOL

Air conditioning was installed in the Lazer Room and MindBody Studio at the Nona Lee Sports Centre. Strong member feedback was the impetus for this facility works.

The \$60,000 investment provides a far more comfortable environment for Group Fitness participants year-round. MU Sport will no longer need to apply the Hot Weather Policy to these two rooms, meaning that classes will not need to be cancelled.

Learn more about [the installation and other group fitness updates \(including Express Classes\)](#).



NEW STRENGTH EQUIPMENT

MU Sport has completed a \$128,000 purchase of Hoist Strength equipment, the largest installation of strength equipment since the 2003 Beaufort Centre refurbishment. The new range is predominantly pin loaded equipment, which covers all muscle groups for the beginner to advanced user. In addition, training stations have increased by 12 across the facility, meaning less wait time for fitness members.

Ask Fitness Instructors to assist you in familiarising yourself with the new equipment. Also, you can access the [Hoist Strength app](#) for exercise demonstrations and tips via a QR code on the equipment.

Find out more about [MU Sport facilities](#).

FREE INTRODUCTORY SESSIONS

Have you made an appointment for your free Introductory Session yet? These sessions are an important step in achieving your health and fitness goals, as they include a body composition analysis and a personalised training program. These 1-on-1 demonstrations with the Fitness staff include exercise instruction and demonstration. See reception staff or a Fitness Instructor to book your session at any time during our [opening hours](#).

[Free Personalised Training Programs](#) are available to all fitness members. MU Sport recommends updating your program every 5-6 weeks to improve your training.



FREE WEEKLY GROUP FITNESS CLASSES

[FREE Group Fitness Classes](#) for students* are offered every weekday. Try out these FREE



classes with a friend or two!

See the [full Group Fitness timetable](#) to learn more about the free six weekly classes. Please remember to bring a towel and drink bottle, and check in at reception up to 30 minutes before the start of the class.

*FREE Classes for UoM students upon presentation of student card. Casual charges apply for non-UoM students.

FITNESS NOTICES



EASTER OPENING HOURS

MU Sport will have reduced opening hours during the upcoming Easter period from Friday 14 to Tuesday 18 April.

For a full list of opening hours, [click here](#).

FREE MEMBERS BREAKFAST - 23 MARCH

Come into the Beaurepaire Centre on **Thursday 23 March** between 7:30am and 9:00am to kick-start your day with a complimentary breakfast.

March's breakfast will be a special Easter theme with hot cross buns, a coffee cart, fruit and more.

For a full list of 2017 Member Breakfast dates, [click here](#).



MU SPORT NEWS AND EVENTS

APRIL SCHOOL HOLIDAY CAMPS

MU Sport is hosting [School Holiday Sport Camps](#) for children during the upcoming April school holidays. Multi-Sport camps and Learn to Code camps are offered. The programs take place in Parkville at the [Melbourne University Sport Precinct](#) on Tin Alley.

Spaces are limited, so [register today!](#)



UNIVERSITY OF SYDNEY AFL VS UNIVERSITY OF MELBOURNE



On Thursday 13 April, barrack for the Melbourne football team and help them defeat arch-rivals University of Sydney. Come down to the [University Oval](#) at 4:00pm to join in the fun and show your support. Bring friends to enjoy great sport, free BBQ, great bar prices, halftime entertainment and giveaways!

Don't know where the University oval is? [View a map of the MU Sport Precinct.](#)

[Read more](#) about Melbourne's campaign for victory in the 2017 AFL Mens Varsity fixture.

SUPPORT MELBOURNE AT SPORTING EVENTS

Visit the [Varsity Sport](#) website to view the full 2017 competition schedule.

Join in the fun by signing up for pre-event information and giveaways! Also, be in the running to win the Varsity Challenge grand prize (\$250 gift voucher to Rebel Sport) by posting a photo of you at two sporting events on Instagram and tagging @MelbUniSport. More about Varsity Challenge and giveaways [here](#).

COMPETITION		
UPCOMING EVENTS		
MONDAY 13 MARCH 1st Cricket M - University of Melbourne vs Monash University		
TUESDAY 14 MARCH Football M - University of Melbourne vs University of Adelaide		
WEDNESDAY 15 MARCH Australian Rules M and W - University of Melbourne vs Monash University		
MONASH UNIVERSITY	UNIVERSITY OF MELBOURNE	GO8 LEAGUES
WEDNESDAY 22 MARCH 5:30pm AFL W 7:00pm AFL W WEDNESDAY 6 APRIL 2017 5:00pm Football W 5:00pm Football W 5:00pm Ultimate M 5:00pm Basketball M 7:00pm Basketball W WEDNESDAY 28 APRIL 5:00pm Table Tennis M More about Monash University	MONDAY 13 MARCH 2017 4:00pm 1st Cricket M WEDNESDAY 28 MARCH 2017 5:00pm Badminton M-W WEDNESDAY 3 MAY 2017 5:30pm Hockey W 5:00pm Volleyball W 5:00pm Touch M 5:30pm Hockey M More about University of Melbourne	TUESDAY 14 MARCH 2017 TBD AFL v Uni Adelaide WEDNESDAY 22 MARCH 2017 7:00pm AFL v Monash THURSDAY 13 APRIL 4:00pm AFL v Uni Sydney AUSTRALIAN BOAT RACE Sunday 23 October 2017 12:00pm Women's Eight vs Uni Sydney 1:00pm Men's Eight vs Uni Sydney More about the Australian Boat Race

JOIN MU SPORT ONLINE

Connect with us



We value your feedback



Let us know what you think about our programs and services.