

Welcome to the May 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 their upcoming examinations.

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## FITNESS NEWS AND UPDATES

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### WATER SAFETY PROGRAM LAUNCHED

MU Sport launched its student-focused Water Safety initiative with SSAF funding in May. The program is specifically tailored for students who have not previously had the opportunity to learn to swim or simply lack water confidence.

Students' strong desire for practical and experiential recreational programs was demonstrated as the program filled its capacity of 110 participants in three days. To learn more about the Water Safety Program and/or to register your interest in future programs, [click here](#).

### LAUNCH OF NEW BIKES AND CYCLING PROGRAM

In April, MU Sport upgraded the Cycling Studio in the Sports Centre with 25 New BODY BIKE SMART®+ bikes and added new Les Mills RPM™ and Sprint™ classes to the [Group Fitness](#) timetable.

The new bikes and classes have been well received by patrons, with class turnout at high levels since the program launch.

[Find a class](#) for you today and try out the new RPM™ and Sprint™ for a great cardio session today!



### FREE WEEKLY STUDENT GROUP FITNESS CLASSES

[FREE Group Fitness Classes](#) for students\* are offered every weekday. Bring a friend or two and try out a new class!

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.

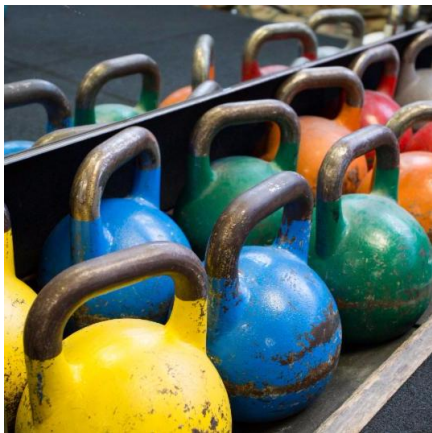
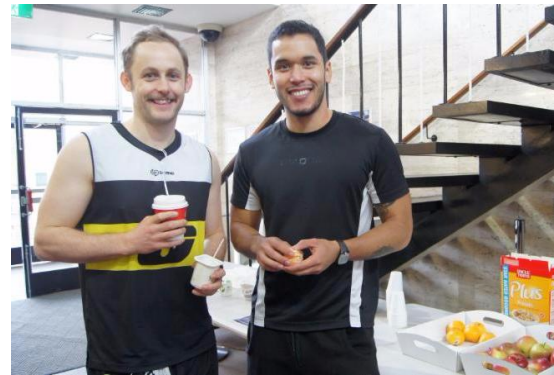
\*FREE Classes for UoM students only upon presentation of student card. Casual charges apply for non-UoM students.

### FREE MU SPORT BREAKFAST

Join us on Friday 26 May from 8.30am-10.30am to kick-start your day with a complimentary breakfast! Meet your fellow gym-goers and Water Safety Program participants, as well as other members from the MU Sport community.

Toast, fruit, coffee, muffins will be provided.

[Click here](#) for a full list of Member Breakfast dates in 2017.



### UPDATE YOUR TRAINING PROGRAM

Have you updated your [Training Program](#) during Semester 1? To help achieve your Health and Fitness goals, we recommend updating your Training Program every 5-6 weeks.

Session times are available across our full spread of opening hours, so see Reception or a Fitness Instructor on the gym floor to book your free session today.

### GYM ETIQUETTE REMINDER

For the comfort and privacy of all MU Sport patrons, please do not use cameras, mobile phones or other electronic devices in the change rooms.

For more information about etiquette, visit [the website](#).



GROUP FITNESS TIMETABLE							
MONDAY 5 JUNE TO SUNDAY 13 JULY 2017							
SPORTS CENTRE							
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[Camps](#) for children during the upcoming July 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!](#)



### ALPINE LODGE OPEN FOR WINTER

Melbourne University Alpine Lodge is now open for all Winter 2017 bookings. Bookings are open to everyone and are not confined to University students or staff.

Perfect for lovers of snow sports and fresh mountain air, the Melbourne University Alpine Lodge at Mt Buller is a 40-bed, share facility available for hire during the ski season.

[Click here](#) for more information about the Alpine Lodge and to make a booking.

### MU SPORT IS HIRING

MU Sport is currently recruiting through Students@Work for the following positions:

- Guest Services Officers
- Group Fitness Instructors
- Fitness Services Instructors

[Click here](#) for the position descriptions and to apply.



### WESTERN EDGE BIO SCIENCE PROJECT (WEBS)

The [WEBS building](#) project has commenced at the western end of Tin Alley. During this project, visitors to the Sports Precinct may experience traffic changes, including the occasional closure of the western end of Tin Alley to all traffic.

MU Sport will update patrons on changes to traffic through the [website](#).

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**JOIN MU SPORT ONLINE**

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**Connect with us**



**We value your feedback**



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