

## NONA LEE SPORTS CENTRE

TIN ALLEY, PARKVILLE  
MON - THURS: 7:00AM - 10:30PM  
FRI: 7:00AM - 9:00PM  
SAT AND SUN: 9:00AM - 5:30PM

1 HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:20 AM	FREE BOOT FIT ANDREAS	BODYPUMP® KARAN					
10:00 AM						BODYPUMP® KEIT	BODYATTACK® PETER
12:05 PM	BODYPUMP® TE	BODYSTEP® STEPHANIE	BODYATTACK® JESSICA	ZUMBA® CARMEN	BODYPUMP® LILLY		
1:10 PM	GRIT™ KABLE (30)	FREE CARDIO BOX FILOMENA	BODYSTEP® JESSICA (30)	BODYPUMP® JEANETTE	COREPOWER® LILLY (30)		
3:00 PM						GRIT™ KEREN (30)	
4:00 PM						ZUMBA® KAI TING	BODYPUMP® NOVA
4:15 PM	BODYSTEP® JESSICA	BODYPUMP® MARY			BODYATTACK® AI		
5:20 PM	BODYPUMP® PETER	BODYATTACK® AI	BODYPUMP® KEIT	BODYATTACK® NOVA	BODYPUMP® JANET		
6:25 PM	BODYATTACK® PETER	ZUMBA® MICHELLE	CARDIO BOX STEPHEN	BODYPUMP® MANUEL	ZUMBA® CARMEN		

LAZER ROOM

1 HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:20 AM			PILATES SHONEL				
10:00 AM						PILATES JOANNA/VICKY	
11:15 AM							YOGA 2 GENIUS
12:05 PM	YOGA 1 GENIUS	PILATES FILOMENA		PILATES FILOMENA			
1:10 PM			BODYBALANCE® KAT G		YOGA 2 GENIUS		
5:25 PM	PILATES JOANNA	BODYBALANCE® MARY	YOGA 1 GENIUS	YOGA 1 & 2 GENIUS	YIN YOGA GENIUS		
6:30 PM	YOGA 1 & 2 GENIUS	VINYASA YOGA GENIUS	PILATES VICKY	FREE BODYBALANCE® JANET			

MINDBODY STUDIO

45 MIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:20 AM				RPM™ KARAN			
12:15 PM			SPRINT™ ELSA (30)				
1:10 PM					RPM™ MO		
4:15 PM						SPRINT™ KEREN (30)	
5:00 PM	FREE RPM™ MO		FREE RPM™ KARAN		SPRINT™ ELSA (30)		
5:45 PM		SPRINT™ KEREN (30)		SPRINT™ KEREN (30)			

CYCLING

# BEAUREPAIRE CENTRE

TIN ALLEY, PARKVILLE  
 MON - THURS: 6:30AM - 10:30PM  
 FRI: 6:30AM - 9:00PM  
 SAT AND SUN: 9:00AM - 5:30PM

30 MIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM		X-TRAIN	HARDCORE	X-TRAIN			
10:00 AM						X-TRAIN	X-TRAIN
12:15 PM	X-TRAIN	X-TRAIN	FREE X-TRAIN	X-TRAIN	X-TRAIN		
4:30 PM		X-TRAIN		X-TRAIN		X-TRAIN	X-TRAIN
5:00 PM	X-TRAIN	X-TRAIN (BG)	X-TRAIN	X-TRAIN (BG)			
5:30 PM	X-TRAIN	HARDCORE	X-TRAIN	X-TRAIN			
6:00 PM	X-TRAIN		X-TRAIN				

SMALL GROUP TRAINING

# LINCOLN SQUARE FITNESS

183 BOUVERIE STREET, CARLTON  
 MON - FRI: 7:00AM - 8:00PM  
 SAT AND SUN: CLOSED

50 MIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:15 PM	ZUMBA® IOSMAIQUEL	PILATES SHONEL	FREE CORE- POWER STRENGTH ANNABELLA		BODYPUMP® KAT G	CLOSED	
1:15 PM	YOGALATES GLENN	BODYPUMP® PETER		PILATES FILOMENA			
4:45 PM	GRIT™ KEREN (30)		GRIT™ KABLE (30)				
5:25 PM	BODYPUMP® KEREN	PILATES JOANNA	BODYATTACK® NOVA	BODYPUMP® JANET			
6:30 PM	BODYATTACK® NOVA	BODYPUMP® KEREN	ZUMBA® MARLYSE				

GROUP FITNESS

# CLASS INFORMATION

## BOOKING SYSTEM

Classes have limited spaces. Book your Group Fitness Classes at [sport.unimelb.edu.au/groupfitness](http://sport.unimelb.edu.au/groupfitness). If you have not booked your classes online, you must check in at reception 30 minutes prior to ensure that there is space available. Your membership card or casual visit pass must be presented and you must tap into class at the gate or at reception prior to attending.

**CLASS ENTRY** Participants will not be permitted entry to a class five (5) minutes after the advertised starting times. Individual instructors may refuse entry at any time after the class has commenced. BodyPump, BodyStep, and Cycling classes are limited by equipment availability; once all equipment is allocated, the class is considered full.

**INJURIES AND MEDICAL CONDITIONS** If you have any physical or medical conditions that may be affected by exercise or are pregnant, please seek medical clearance from your doctor prior to participating in any class. Please inform the instructor of any medical concerns prior to class commencing.

**CLASS ETIQUETTE** You are required to bring your own sweat towel to all Group Fitness classes. Please wear appropriate clothing and footwear. At all times, follow the instructor's direction in regards to technique and safety cues.

**HYDRATION** We recommend that you bring a water bottle to each class. Water fountains are also available in all our group fitness studios.

**CLASS CANCELLATIONS AND REDUCED HOURS** If the forecast maximum temperature exceeds 35 degrees, some Group Fitness classes may be cancelled for health and safety reasons. Contact the Sports Centre reception on 03 8344 5405 after 9am to confirm what classes are running on the day. Please check our website for reduced hours and classes running on University Public Holidays.

**BODYATTACK®** is the sports-inspired cardio workout for building strength and stamina. This high energy, interval training class combines athletic aerobic movements with strength and stabilisation exercises.

**BODYBALANCE®** is a dynamic, fitness-to-music program that leaves you feeling relaxed and renewed. It combines the best of eastern disciplines such as Yoga, Tai Chi and Pilates.

**BODYPUMP®** tones, builds and conditions lean muscle mass in all the major muscle groups by using adjustable, weight-loaded barbells to motivating music.

**BODYSTEP®** is a pre-choreographed class that concentrates on simple moves with combinations put together with inspiring music.

**BOOT FIT** helps you find a new level of personal achievement and reach your fitness goals. You will progressively improve your strength, fitness and flexibility whilst meeting new challenges. Boot Fit is not weather dependant, and classes will run as scheduled.

**CARDIO BOX** is a boxing circuit style class that utilises boxing equipment and movements. This class requires no previous experience. Note: Cardio Box at Beaurepaire Gym is an outdoor class (weather dependant).

**PILATES\*** is a unique form of simple, yet precise, body conditioning exercises, which works to strengthen and balance the muscles of the body, focusing on core strength.

**RPM™** an indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

**SPRINT™** is a cycle workout built on the science of high-intensity interval training (HIIT). It's a quick and intense style of training that returns rapid results with minimal joint impact. In just 30-minutes, participants' physical and mental limits are challenged through bursts of intensity with short periods of rest. The payoff is the calorie burn for hours after stepping off the bike.

**YIN YOGA 1\*** Slow-paced restorative yoga incorporating longer holds in supported poses, for a supple body and centered, calm mind. Suitable for beginners, no experience necessary.

**YOGA 1\*** is an introductory/ beginner yoga class. No previous experience necessary.

**YOGA 1 AND 2\*** is for starting beginners and students with some experience. These classes generate a understanding of yoga postures and breathing.

**YOGA 2\*** is designed for participants who have had previous yoga experience. Enhance your understanding of yoga and build on the foundations you already have.

**YOGALATES\*** is a combination of yoga and pilates.

**ZUMBA®** fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

## SMALLER GROUP TRAINING CLASSES

**COREPOWER** is a 30 minute class following on strengthening both the abdominals and the core. A combination of various exercises challenge your stability and switch on the vital muscles associated with core activation.

**COREPOWER STRENGTH** is an extended version of Corepower class incorporating more strength based exercises.

**GRIT™** is an intense, 30-minute team training session that will blast all major muscle groups and take your training to the next level.

**HARDCORE** is a challenging mobility class that is designed to help you get the most out of your gym sessions. The class incorporates the use of ab-rollers, body weight exercises, foam rollers, magic circles and thera-bands. Suitable for all fitness levels.

**X-TRAIN** is a high intensity, resistance based class that builds your strength and fitness levels. This class uses a mixture of TRX, kettlebells, medicine balls, bands, ropes, ergos and body weight based exercises. No two classes will be the same. Suitable for all fitness levels. Please note: this class maybe outdoors, weather permitting.

**FREE CLASSES** a variety of classes that are FREE for students of the University of Melbourne on presentation of their student cards. See timetable for schedule.

**NOTE\*** yoga and pilates are not recommended during pregnancy.

## REDUCED TIMETABLE

MU Sport reduces the total number of Group Fitness Classes during the non-teaching periods every year. This reflects a 25% - 60% reduction in demand during these periods.

MU Sport makes every attempt to provide a broad variety of classes during regular timetables across our three centres. We apologise that we may not always satisfy members' class requests.

## KEY

**(30)** EXPRESS CLASS RUNS FOR 30 MINUTES

**(BG)** BEGINNERS CLASS