## GROUP FITNESS TIMETABLE

### NONA LEE SPORTS CENTRE

**MONDAY 22 APRIL TO SUNDAY 28 APRIL 2019**

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**CLOSED UNTIL 5PM**

### LAZER ROOM

**TIN ALLEY PARKVILLE**

- **MON - THURS:** 7:00AM - 10:30PM
- **FRI:** 7:00AM - 9:00PM
- **SAT AND SUN:** 9:00AM - 5:30PM

### MINDBODY STUDIO

**BODYPUMP® **
- JOANNA
- KEREN

**BODYATTACK® **
- KEIT

**BODYSTEP® **
- JESSICA

**CARDIO BOX**
- STEPHEN

**ZUMBA®**
- NOVA

**YOGA 1 & 2 GENIUS**
- MANUEL

**RPMTM SPRINT™**
- KEREN

**RPM™**
- ELSA

**RELEASE & RECOVER® PHYSIO**
- DANIAH

**YOGA 2 GENIUS**
- VICKY

**YOGA 1 GENIUS**
- CHARIS

**YOGA 1 & 2 GENIUS**
- NATASHA

**30 MINUTES**

**50 MINUTES**

**BOOK YOUR CLASS ONLINE AT SPORT.UNIMELB.EDU.AU/GROUPFITNESS • PHONE: 03 8344 5405**
**BEAUREPAIRE CENTRE**

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**LINCOLN SQUARE FITNESS**

183 BOUVERIE STREET, CARLTON

**C L O S E D**

Lincoln Square Fitness is closed until further notice due to water damage. All LSFM Members can access the Beaurepaire Centre and Nona Lee Sports Centre during this time. We apologise for any inconvenience.

**CLASS INFORMATION**

BOOKING SYSTEM: Classes have limited spaces. Book your Group Fitness Classes at 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.

CLOSURE: 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.

**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 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 if classes are running on the day. Please check our website for reduced hours and classes running on University Public Holidays.

**SMALL 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 action.

**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, medicine balls and medicine bands. Suitable for all fitness levels.

**HIIT STRENGTH** Work, Rest, Repeat! This 30min class uses 8 sets of 20 seconds sprint + 10seconds rest per exercise with simple full body exercises and Endless Bike. It is suitable for all fitness levels. Please note: this class may be outdoors, weather permitting.

**EXPRESSION CLASS RUNS FOR 30 MINUTES**

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.

**HIIT CLASSES** of High Intensity Interval Training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

**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 timeslots across our three centres. We apologise that we may not always satisfy members’ class requests.

**SPORT.UNIMELB.EDU.AU/GROUPFITNESS**