

# GROUP FITNESS TIMETABLE

MONDAY 2 MARCH 2020 TO SUNDAY 31 MAY 2020

## 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 20 AM	BOOT FIT STEPHEN	BODY PUMP® JANET					
10 00 AM						BODYPUMP® KEIT	BODY ATTACK® PETER
12 05 PM	BODY PUMP® TE	BODY STEP® TEOH	BODY ATTACK® JESSICA	ZUMBA® CARMEN	BODYPUMP® MARY		
1 10 PM	CARDIO BOX STEPHEN	CARDIO BOX® FILOMENA (30)	BODY STEP® JESSICA (30)	BODY PUMP® ELLEN	COREPOWER® TE (30)		
1 45 PM		COREPOWER® FILOMENA (30)					
4 00 PM			BODY STEP® STEPHANIE (45)			ZUMBA® MICHELLE/KRISTA	BODY PUMP® NOVA
4 20 PM	BODY STEP® JESSICA	BODYPUMP® KEIT			BODY ATTACK® AI		
4 45 PM			CORE POWER® AI (30)				
5 20 PM	BODY PUMP® ELLEN	BODY ATTACK® JOHN	BODY PUMP® KEIT	BODY ATTACK® NOVA	BODY PUMP® JANET		
6 25 PM	BODY ATTACK® NOVA	ZUMBA® MICHELLE	CARDIO BOX STEPHEN	BODY PUMP® KEREN	ZUMBA® MICHELLE		

LAZER ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 20 AM			PILATES SEKAR				
10 00 AM		YOGA 1 & 2 GEORGIA		CORE POWER® ANNABELLA (30)		PILATES JOANNA / VICKY	
10 30 AM				STRETCH AND FLEX® FILOMENA (30)			YOGA 2 ANDREW
12 05 PM	YOGA 1 ANGELA	PILATES FILOMENA	BODY BALANCE® KAT	PILATES FILOMENA	RELEASE & RECOVER® PHYSIO		
1 10 PM	RELEASE & RECOVER® PHYSIO	YOGALATES GLENN	CLINICAL PILATES PHYSIO		YOGA 2 ANGELA		
5 20 PM	PILATES JOANNA	BODYBALANCE® CHARIS	YOGA 1 JOANNA	YOGA 1 & 2 AGNES	YIN YOGA ANDREW		
6 25 PM	YOGA 1 & 2 JOANNA	VINYASA YOGA GEORGIA	PILATES VICKY	BODYBALANCE® JANET			

MIND BODY STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 20 AM				RPM™ SEKAR			
9 15 AM						SPRINT™ MO (30)	
12 15 PM		RPM™ ANGELA (30)	SPRINT™ ELSA (30)	RPM™ ELLEN			
5 15 PM	SPRINT™ MO (30)		RPM™ SEKAR		RPM™ SEKAR		
5 30 PM		SPRINT™ KEREN (30)		SPRINT™ KEREN (30)			

CYCLING

1 15 PM			UOM STAFF® WALKING GROUP (30)				
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30 MIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:50 AM		HIIT		X-TRAIN			
7:30 AM	HIIT	X-TRAIN	HIIT	ROW FIT	X-TRAIN		
10:00 AM		RELEASE & RECOVER <sup>®</sup> PHYSIO 45				X-TRAIN	HIIT
11:30 PM		UOM STAFF HIIT		UOM STAFF X-TRAIN			
12:15 PM	X-TRAIN	HIIT	X-TRAIN	HIIT	X-TRAIN	HIIT	X-TRAIN
1:00 PM	HIIT	X-TRAIN	HIIT	X-TRAIN	HIIT		
4:00 PM						HIIT	X-TRAIN
4:45 PM	X-TRAIN	HIIT	X-TRAIN	HIIT	X-TRAIN	X-TRAIN	HIIT
5:30 PM	X-TRAIN	HIIT	X-TRAIN	HIIT	X-TRAIN		
6:15 PM	HIIT	X-TRAIN	HIIT	X-TRAIN	HIIT		

SMALL GROUP TRAINING

LINCOLN SQUARE FITNESS

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

50 MIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:15 PM	ZUMBA <sup>®</sup> FABIAN	VINYASA YOGA PENNY	COREPOWER STRENGTH ANNABELLA	X-TRAIN 30	STRETCH & FLEX ANNABELLA	CLOSED	
1:15 PM	YOGA ANCHAL	BODYPUMP <sup>®</sup> KAT	X-TRAIN 30	PILATES JOANNA	X-TRAIN 30		
1:45 PM					UOM STAFF YOGA ANCHAL 45		
5:20 PM	CIRCUIT KEREN 30	PILATES JOANNA	BODYATTACK <sup>®</sup> NOVA	COREPOWER AI 30			
6:25 PM	BODYPUMP <sup>®</sup> KEREN	X-TRAIN 30		X-TRAIN 30			

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

**BODYSTEP<sup>®</sup>** 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).

**CLINICAL PILATES** Mat-work core exercises to improve your coordination, balance, control and flexibility. Achieve better posture, relaxed muscles and healthier joints. Optimise your core for the daily demands of everyday life, your fitness and sport.

**PILATES<sup>\*</sup>** 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.

**RELEASE & RECOVER** Improve the flexibility of your joints and muscles with our massage ball class. Feeling 'loose' and comfortable is a vital component in any fitness regime, whether you're a newbie or a professional level athlete, it can boost the effectiveness of your workout routine.

**ROWFIT** Improve your rowing technique and efficiency while working 95% of the muscles in your body! This class utilises the C2 Rower to build your strength, power and cardiovascular fitness.

**RPM<sup>™</sup>** 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<sup>™</sup>** 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.

**STRETCH AND FLEX** is designed to assist with overall muscle tone, while focusing on flexibility throughout the class.

**VINYASA YOGA<sup>\*</sup>** Vinyasa is a style of yoga characterised by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga.

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

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

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

**YOGALATES<sup>\*</sup>** is a combination of yoga and pilates.

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

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

**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.

**HIIT** Work, Rest, Repeat! This 30min class uses 8 sets of 20 seconds sprint + 10seconds rest per exercise with simple full body exercises and Ergo's. If ball slams, burpees and Airdynes are your thing this class is for you.

**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.

KEY

30 EXPRESS CLASS RUNS FOR 30 MINUTES

FREE to students on presentation of their student cards to reception.

HIIT CLASSES or 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.

FREE to staff on presentation of their staff cards to reception.  
30 minute low intensity walk FREE to Univeirsty of Melbourne Staff – meet at the Nona Lee Sports Centre.