

# MOVE IT

## GROUP EXERCISE TIMETABLE

SEMESTER 1 - 2020

(24 FEBRUARY - 26 JULY)

# UNIACTIVE - INNOVATION CAMPUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM				
FMT <sup>ATHLETIC</sup>	FMT <sup>ATHLETIC</sup>	cardioBOX	FMT <sup>ATHLETIC</sup>	RIPPED
9:00AM				
HEALTH 4LIFE	HEALTH * 4LIFE	HEALTH 4LIFE	HEALTH * 4LIFE	HEALTH 4LIFE
12:00PM				
FMT <sup>ATHLETIC</sup> 45	cardioBOX	FMT <sup>ATHLETIC</sup> 45	Yoga <sup>stretch</sup>	

SATURDAY
8:30AM
FMT <sup>ATHLETIC</sup> 45

## CLASS INFO

cardioBOX	<p>Punch it out! A cardiovascular workout to burn calories, build stamina and tone muscles. Using boxing gloves and focus mitts to learn boxing technique, drills and combos.</p> <p><b>INTENSITY:</b> MEDIUM-HIGH <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 60MINS <b>LOCATION:</b> UniActive IC</p>
HEALTH 4LIFE	<p>This over 55's class is specifically designed to improve your mobility, strength, flexibility fitness, agility, stamina and endurance. Reap the benefits of being physically active in a social fun environment.</p> <p><b>INTENSITY:</b> LOW-MED <b>COMPLEXITY:</b> LOW-MED <b>DURATION:</b> 45MINS <b>LOCATION:</b> UniActive IC</p>
Yoga stretch	<p>This class is about creating balance, stability and flexibility through a variety of poses. It will have you synchronise your mind, body and spirit to leave your feeling rejuvenated and revitalised.</p> <p><b>INTENSITY:</b> LOW <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 60MINS <b>LOCATION:</b> UniActive IC</p>

RIPPED	<p>UniActive and Chodat Fitness join forces to bring you a class that combines outdoor and indoor functional training. If you want variety and results then this is the class for you!</p> <p><b>INTENSITY:</b> HIGH <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 60MINS <b>LOCATION:</b> UniActive IC</p>
FMT ATHLETIC	<p>Athletic training for anyone who wants a challenging workout! We will get you fit fast and kick start your metabolic rate. Using TRX, sled, kettlebells, body weight exercises and plenty more! All fitness levels are welcome.</p> <p><b>INTENSITY:</b> HIGH <b>COMPLEXITY:</b> LOW <b>DURATION:</b> 45+60MINS <b>LOCATION:</b> UniActive IC</p>

45 45 MINUTE CLASS

BOOK ONLINE VIA THE PORTAL AT [UNIACTIVE.UOW.EDU.AU](http://UNIACTIVE.UOW.EDU.AU)  
OR

PHONE ON THE DAY TO RESERVE YOUR SPOT.

\*HEALTH4LIFE BEGINNERS, HELD AS PART OF THE NSW HEALTH STAYING ACTIVE PROGRAM. CASUAL VISIT ONLY \$9 PER CLASS.

^UNIACTIVE RESERVES THE RIGHT TO ALTER THE SCHEDULE AT ANYTIME.

# UNIACTIVE