

MOVE IT

GROUP EXERCISE TIMETABLE

SEMESTER 1 - 2020

(24 FEBRUARY - 26 JULY)

UNIACTIVE - WOLLONGONG CAMPUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6:15AM		
	LES MILLS BODYPUMP ⁴⁵	LES MILLS BODYATTACK ⁴⁵	LES MILLS BODYPUMP ⁴⁵	
		6:30AM		
FMTATHLETIC	FMTATHLETIC	FMTSTRENGTH	FMTATHLETIC	FMTATHLETIC
		7:15AM		
AQUAfit	AQUAfit	AQUAfit	AQUAfit	AQUAfit
		12:00PM		
FMTATHLETIC	LES MILLS BODYATTACK ³⁰	FMTCARDIO	FMTSTRENGTH	FMTCARDIO
		12:35PM		
LES MILLS BODYPUMP ⁴⁵	LES MILLS CXWORX	LES MILLS BODYPUMP ⁴⁵	LES MILLS CXWORX	LES MILLS BODYPUMP ⁴⁵
LES MILLS BODYBALANCE	LES MILLS RPM	LES MILLS BODYBALANCE	LES MILLS RPM	LES MILLS BODYBALANCE
		1:05PM		
	FMTATHLETIC		FMTATHLETIC	
		4:00PM		
	LES MILLS CXWORX		LES MILLS CXWORX	
		4:35PM		
LES MILLS BODYATTACK	bodyBURN	SculptNabs	LES MILLS BODYPUMP	LES MILLS BODYATTACK
LES MILLS RPM		LES MILLS RPM		LES MILLS RPM
		5:00PM		
HIIT&ABS	FMTSTRENGTH	HIIT&ABS	FMTSTRENGTH	
		5:35PM		
LES MILLS BODYPUMP	SculptNabs	LES MILLS BODYPUMP	bodyBURN	LES MILLS BODYPUMP
FMTATHLETIC		FMTATHLETIC		
Yogastretch	LES MILLS BODYBALANCE	Yogastretch		Yoga ^{CALM}
	LES MILLS RPM		LES MILLS RPM	
		5:45PM		
cardioBOX		cardioBOX		
		6:35PM		
LES MILLS CXWORX	LES MILLS BODYPUMP	LES MILLS BODYATTACK		

SATURDAY	SUNDAY
8:00AM	8:00AM
FMTATHLETIC	FMTATHLETIC
8:35AM	
LES MILLS BODYATTACK	
9:35AM	
LES MILLS BODYPUMP	LES MILLS BODYPUMP
LES MILLS RPM	
10:35AM	
LES MILLS BODYBALANCE	
3:45PM	
FMTATHLETIC	LES MILLS BODYBALANCE

BOOK ONLINE VIA THE UNIACTIVE MEMBER PORTAL AT UNIACTIVE.UOW.EDU.AU OR PHONE ON THE DAY TO RESERVE YOUR SPOT. OR BOOK YOURSELF IN AT THE KIOSK (WOLLONGONG CAMPUS ONLY)

³⁰ 30 MINUTE CLASS

⁴⁵ 45 MINUTE CLASS

*UNIACTIVE RESERVES THE RIGHT TO ALTER THE SCHEDULE AT ANY TIME.

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GROUP EXERCISE CLASSES INFO

AQUAfit	<p>The fitness class in water. This non-impact class will improve your fitness, stamina, strength and endurance. Using the water as resistance, you can make the work out as challenging or as easy as you like. This class is suitable for all ages, ability and fitness levels.</p> <p>INTENSITY: LOW COMPLEXITY: LOW DURATION: 45MINS LOCATION: UNIACTIVE POOL</p>
LES MILLS BODYPUMP	<p>A barbell workout for anyone looking to get lean, toned and fit – fast! Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music.</p> <p>INTENSITY: MEDIUM–LOW COMPLEXITY: LOW DURATION: 60 MINS 6:15AM TUES, THURS + 12:35PM MON, WED, FRI - 45 MINS LOCATION: THE STUDIO (LEVEL 1)</p>
LES MILLS BODYBALANCE	<p>Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.</p> <p>INTENSITY: LOW COMPLEXITY: LOW DURATION: 60MINS LOCATION: REJUVENATE (GROUND FLOOR)</p>
LES MILLS CXWORX	<p>Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. Using plates, resistance bands and bodyweight exercises you'll experience quick results in core strength and posture.</p> <p>INTENSITY: MEDIUM COMPLEXITY: LOW-MEDIUM DURATION: 30MINS LOCATION: THE STUDIO (LEVEL 1)</p>
LES MILLS RPM	<p>Indoor Cycling - it's fun, low impact and burns loads of calories! With music pumping, your instructor takes you on a journey of hill climbs, sprints and flat riding. You will repeatedly reach your cardio peak then ease back down to take you fitness to another level.</p> <p>INTENSITY: HIGH COMPLEXITY: LOW DURATION: 45MINS LOCATION: CYCLE STUDIO (LEVEL 1)</p>
FMT CARDIO	<p>A HIIT style class which includes intervals of work on the cardio machines as well as on the floor, using your own body to generate speed and power. This workout will produce a big calorie burn for any participant. All welcome.</p> <p>INTENSITY: HIGH COMPLEXITY: LOW DURATION: 30MINS LOCATION: FMT ZONE (LEVEL 1)</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>INTENSITY: HIGH COMPLEXITY: LOW DURATION: 30MINS LOCATION: FMT ZONE (LEVEL 1)</p>
FMT STRENGTH	<p>This program builds total body functional strength, muscular endurance and promotes the building of lean muscle. The strength workout is all about the "load effect" - performance under pressure using moderate to heavy loads. You'll have low to medium repetitions and working close to fatigue using a variety of training tools.</p> <p>INTENSITY: MEDIUM-HIGH COMPLEXITY: LOW DURATION: 30MIN LOCATION: FMT ZONE (LEVEL 1)</p>

Yoga CALM	<p>CalmYOGA combines yoga and guided meditation to bring stillness to the mind. Poses are held for longer periods of time with a focus on floor based postures, to help improve flexibility and create the feeling of space and freedom in your body. The class will conclude with meditation and grounding Savasana.</p> <p>INTENSITY: LOW COMPLEXITY: LOW DURATION: 60MINS LOCATION: REJUVENATE (GROUND FLOOR)</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>INTENSITY: LOW COMPLEXITY: LOW DURATION: 60MINS LOCATION: REJUVENATE (GROUND FLOOR)</p>
bodyBURN	<p>Using a step platform, sculpt and tone your lower body and challenge your coordination as you 'step' to music!</p> <p>INTENSITY: MEDIUM–HIGH COMPLEXITY: MEDIUM–HIGH DURATION: 60MINS LOCATION: THE STUDIO (LEVEL 1)</p>
SculptNABS	<p>A low impact, full body workout using light hand weights. Ideal for upper and lower body toning and firming, with a large abdominal and core focus component.</p> <p>INTENSITY: MEDIUM COMPLEXITY: LOW DURATION: 60MINS LOCATION: THE STUDIO (LEVEL 1)</p>
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>INTENSITY: MEDIUM–HIGH COMPLEXITY: LOW DURATION: 60MINS LOCATION: SPORTS HALL (GROUND FLOOR)</p>
LES MILLS BODYATTACK	<p>This is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.</p> <p>INTENSITY: MEDIUM-HIGH COMPLEXITY: MEDIUM DURATION: 60MIN TUE 12PM- 30MIN AND WED 6:15AM - 45MINS LOCATION: THE STUDIO (LEVEL 1)</p>
HIIT&ABS	<p>High Intensity Interval Training is an enhanced form of interval training, an exercise strategy alternating periods of shot intense anaerobic exercise with less - intense recovery periods. HIIT is a form of cardiovascular exercise. This 30 minute intense workout plus an abdominal workout, will improve your athletic capacity and condition, improve glucose metabolism and improve fat burning.</p> <p>INTENSITY: MEDIUM-HIGH COMPLEXITY: LOW DURATION: 45MIN LOCATION: SPORTS HALL (GROUND LEVEL)</p>

* Strictly no entry to classes 5mins after the advertised starting time. Class ticket must be collect prior to the advertised start time or your place may be given to another person. Please bring a towel to all classes. You must be aged 16yr or over to attend BodyPump, FMT Strength and CardioBox and 14yrs or over for all other classes. For more information about booking and attending classes please read the class booking policy.

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