



## OUTDOOR PROGRAM STARTS MONDAY 25<sup>th</sup> MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:30AM</b>					
	OUTDOOR CROSSTRAIN	OUTDOOR CARDIOCORE	OUTDOOR ULITMATE		
<b>8:00AM</b>					
					OUTDOOR CROSSTRAIN
<b>9:00AM</b>					
	OUTDOOR SENIORS		OUTDOOR SENIORS		
<b>12:15PM</b>					
OUTDOOR CARDIOCORE		OUTDOOR CROSSTRAIN		OUTDOOR ULITMATE	
<b>5.15PM</b>					
OUTDOOR CROSSTRAIN	OUTDOOR ULITMATE	OUTDOOR CARDIOCORE			

**OUTDOOR CROSSTRAIN** – If you’re after variety, and achieving the balance of cardio, strength and core – then CROSSTRAIN you see you tick all three boxes!. Enjoy sessions that mix it up and give you a full body workout! *(Intensity – medium; Complexity – low)*

**OUTDOOR CARDIOCORE** – Have you ever been told to “work on your core” – but don’t want to lose out on the sweat and endorphin rush of your cardio session? This session will combine running, cardio sets, agility, plyometric and pilates focused exercises. CardioCore will allow you to feel like you’ve had a solid workout, and ensure you’ve done those integral exercises that will assist in improved cardio fitness, core stability and injury prevention. *(Intensity – medium; Complexity – medium)*

**OUTDOOR ULTIMATE** – Ultimate sessions are for those that are missing the gym, and want to get back to some structured weight lifting sets. These sessions will centre around WOD’s – with your Trainer there to push you to your limits and challenge you in a variety of exercises! This class does require some basic lifting skills and experience and an attitude to work hard! *(Intensity – high; Complexity – medium)*

**OUTDOOR SENIORS** – This class is targeted to those aged over 55, with our Instructors able to deliver a tailored class that is safe, fun and social and improve all aspects of your health and fitness. *(Intensity – low; Complexity – low)*

*NB: All sessions are 45min in length, and will have a maximum of 9 persons + 1 Trainer, and Trainers will adhere to all social distancing, safe and hygienic practices throughout the session. Personal towels are mandatory for all sessions – session will be conducted on Oval 1 UniActive, for more information to this program please see [www.uniactive.uow.edu.au](http://www.uniactive.uow.edu.au)*