







# GROUP FITNESS

## TIMETABLE

Effective 16th April

TIME	MON	TUES	WED
3:30pm	 HIIT <sup>45</sup>	CARDIO BUZZ <sup>45</sup>	 HIIT <sup>45</sup>
4:30pm	Roll & Release <sup>30</sup>	Roll & Release <sup>30</sup>	Roll & Release <sup>30</sup>
5:15pm	 cross punch <sup>45</sup>	 TONE <sup>45</sup>	ATB <sup>45</sup>
6:00pm	 TONE <sup>45</sup>	CORE STABILITY <sup>45</sup>	 cross punch <sup>45</sup>

\*Please note that the figure in the right hand corner of the class box indicates length of class in minutes

Please show your support for your favourite classes by attending regularly as those that consistently have low participation (<10 people) will be reconsidered for inclusion in future timetables.

### Burnie Centre Staffed Hours

Monday	3:00pm - 7:00pm
Tuesday	3:00pm - 7:00pm
Wednesday	3:00pm - 7:00pm
Public Holidays	Not staffed



For all Unigym enquiries outside of these hours, please speak with reception staff at student services: 6430 4999

# CLASS DESCRIPTIONS

## **ATB**

(Abs, Thighs and Butts) this 45min class is designed to strengthen, tone and shape the core and lower body. Suitable for all fitness levels.

## **CARDIO BUZZ**

A high energy class focusing on developing and maintaining cardio fitness for all levels.

## **CORE STABILITY**

This class will work on building your core strength and stability to improve muscle tone and posture.

## **CROSSPUNCH**

A boxing style class that involves traditional boxing and MMA combinations, suitable for all levels of fitness.

## **HIIT**

High intensity interval training. Guaranteed to make you work hard. Strength and conditioning based, these classes vary, but include battle ropes, kettlebells, dynamic body weight movements, weight and cardio training.

## **ROLL AND RELEASE**

Come along and roll the stress away in our guided stretching class. We will teach you a range of basic stretching methods including foam rolling techniques.

## **STONE**

Resistance training for the whole body focused on muscular endurance. Suitable for all fitness levels.