



Sport & Rec Brain Buster

Q: Which word in the English language becomes shorter when it is lengthened?

Answer next month!

December's brain buster:

Q: What are the two missing numbers in the series below?

_ _ 3 3 7 7 2 3 6 5

A: 4 3. They are the numbers of letters in the words of the question!

U N I V E R S I T Y
S P O R T C E N T R E

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Tasmania 7005
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Upcoming Events

- **Summer Aerobic Timetable will Re-commence!**

Our aerobic timetable will re-commence on the 12th of January with both lunch time and evening classes.

- **Social Tennis**

Eddie our resident tennis coach will be recommencing his social tennis group on Tuesday 3rd of February from 12:00pm—1:30pm. The group is a great way to socialize while improving your skills of the game. Cost is \$5 and covers ball, court and racket hire.

- **UTAS Staff Walking Challenge**

Will be held March 2009. Entry forms & information will be available 1st February, 2009.

- **Renovations**

All the staff at the Centre are getting so so so excited as the time for renovations draws nearer. At this stage we predict late February—early March as the start date. Yipee!

- **Semester 1 Social Sport**

We would like to run lunchtime netball and badminton in Semester 1, however it depends you! Please register your interest at the Front Desk, so we can gather projected numbers.

- **Boot Camp 09**

Our first Boot Camp for 2009 starts Monday January 12th and runs for 4 weeks. Please register your interest at the front desk, or email Victoria—Victoria.Bick@utas.edu.au

TENNIS COACHING

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Operates on the University Sport Centre
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JAN.
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UNIVERSITY SPORT CENTRE



Meet The Members



Name: Christina Parodi.

Nickname: Chicky.

Hobbies: Hockey, touch footy, socialising and partying!

Favourite Food: Anything Italian!

Favourite Drink: Anything alcoholic!

Most Memorable Sporting Moment: When Essendon wins the 2009 Grand final!

Biggest Fear: Getting lost in the Bush.

Favourite Travel Destination: Queensland.



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How to stick to your New Years Resolution!

We all the start the year with the best of intentions and honestly believe that this year will be different. This is exactly the right attitude to have, do not change this mind set! This year you will improve your fitness and well-being, all it takes is determination and will power. Follow these simple suggestions and stick to that New Year's resolution and make 2009 the best year of your life yet!

Step 1 — Write a list. Write down all the reasons why this change is important to you and what the benefits will be upon completion. Keep this list somewhere handy so you can refer back to it when you need a little extra motivation.

Step 2 — Be Specific. Be specific with the resolution. What will you do? When? What preparations do you need to get started? Being specific will give you indi-

vidualised targets that seem more realistic to attain.

Step 3 — Question past success. Ask yourself which changes you made in the past were successful and why? Would any of those ideas or tactics help this time?

Step 4 — Have a plan. Have a plan to get back on track if you lapse into the old behaviour.

Step 5 — Keep going. When you are tempted to stop, think about why you started this change. Read over your list and try to imagine how it will be if you keep going and how proud you are going to be for sticking with it!

Step 6 — Reward Yourself. Reward yourself, remind yourself you are doing a great job and ultimately you will do it!

NO TOWEL NO WOROUT NO EXCUSES!

Towel use is for hygiene purposes and to avoid body fluid exchange off equipment.

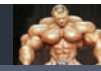
Please continue to bring and use your towels as we will no longer be allowing ANYONE into the gym without one!

Towels are available for hire for \$3.50 at the front desk should you forget.

Changes in 2009

Please note that while membership prices have remain unchanged we have removed a number of the different types available for purchase. Also casual fees have increased slightly, so consider purchasing a membership as it is better value for your dollar! The new price list for 2009 is featured for your interest.

Dear Trainin' Guy



Dear Trainin' Guy,

I think due to the time of the year and the heat I am starting to smell a little bit. I have noticed people wrinkling their noses at me and I seem to always have half of the weights room to myself, while the other side looks pretty crowded. I don't think my BO is that bad, but I'm starting to get an uncomfortable feeling that I do smell very bad indeed and that I might be offending others. What should I do?

From
Stinky Winky

Dear Stinky Winky,

Your problem does not surprise me at all in the heat of summer. Constantly when I work out I often get a waft BO drifting across. Sometimes you can't smell your own Body Odour and it can be quite offensive to other people. It is really important when in an enclosed area where you are likely to sweat, that you do wear some form of deodorant. There are hypo-allergenic and all natural forms. So there is no excuse not to wear any! You can buy these at your local supermarket or chemist.

Wear Some
Trainin' Guy

The Suggestion Box

Could we please get some more fans in the weights room? Especially for the cardio section as it gets really really warm!

During the renovations we are specifically designing into the centre flow ducts to improve the natural circulation of air around the weights/ cardio area. We will also be purchasing new fans to help you stay cool in summer while you work out!

I heard that the stair case in the cardio area might be disappearing. I use it frequently and would be very disappointed if this occurred.

Do not fear! We will be keeping the stair case for a long time yet. The only thing we are hoping to improve is the way you access the equipment, to make your life easier when stepping up onto the machine!

CASUAL FEES

| | Students/Senior Prices (Must present Seniors Card) | Staff/ Alumni Prices (Upon presentation of applicable card) | Guest Prices |
|--|---|--|--------------|
| Casual gym access (weights/ cardio room or group exercise class) | \$9.00 | \$11.00 | \$14.00 |
| CASUAL USE (available if no bookings) Sports Hall/ Indoor Climbing wall/ Aerobics Room/ Dojo use | \$3.80 | \$4.90 | \$6.60 |
| Squash/ Tennis/ Badminton court | \$11/hour | \$14.50/hour | \$16.50/hour |
| Sports Hall CASUAL BOOKING 1/2 court | \$16.50/hour | \$17.50/hour | \$18.50/hour |
| Sports Hall full court/ Dojo/ Aerobics Room CASUAL BOOKING | \$25/hour | \$27/hour | \$29/hour |
| Outdoor Ground BOOKINGS before 6.30pm | \$25/hour | \$27/hour | \$29/hour |
| Outdoor Ground BOOKINGS after 6.30pm \$3/Hr extra (Light charge) | \$28/hour | \$30/hour | \$32/hour |
| Indoor Climbing Wall BOOKING | \$25/hour | \$27/hour | \$29/hour |
| <i>Bookings are essential for hire of rooms, courts, grounds and halls. Fees are to be paid prior to use of each booking. If long term/ multiple bookings are required please contact the Team Leader to discuss your options.</i> | | | |

MEMBERSHIPS

| | Students/Senior Prices (Must present Seniors Card) | Staff / Alumni Prices (Upon presentation of applicable card) | Guest Prices |
|--|---|---|--------------|
| 10 Session Gym Card | \$70 | \$90 | \$110 |
| <i>GYM SESSION CARDS provide access to weights/ cardio room or group exercise classes (not including Yoga) for one session only, not including multiple access to both weights/ cardio room and group exercise class in one session. Session cards expire 12 months after the day of purchase.</i> | | | |
| 3mth Gym Membership | \$126 | \$142 | \$189 |
| 6mth Gym Membership | \$179 | \$220 | \$315 |
| 12mth Gym Membership | \$270 | \$385 or *\$386.10 (staff - salary sacrifice available) (\$14.85 F/N) | \$520 |
| 12mth Gold Membership | \$370 | \$490 or *\$490.10 (staff - salary sacrifice available) (\$18.85 F/N) | \$620 |
| <i>3, 6 & 12 MONTH GYM MEMBERSHIPS include access to cardio/ weights room and group exercise classes. In addition 12 MONTH GOLD MEMBERSHIP includes access for the member to squash court (1 guest), tennis court or the tennis member. Guests will need to pay the remainder of the court hire and sports hall casual access. 12 MONTH MEMBERSHIPS include individual fitness programs with a S&R gym instructor. A \$7.50 fee applies to attend Yoga classes</i> | | | |
| 12mth Dojo M'ship | \$65 | \$75 | \$85 |
| <i>DOJO MEMBERSHIP includes access to dojo for one year. The membership fee is for insurance and affiliation. A casual access fee applies for each visit. An induction must be completed before use.</i> | | | |

Great works are performed not by strength but by perseverance. -Samuel Johnson