

APRIL / 09



A FRESH APPROACH AT UNIGYM

At Unigym we have been shaping up to create a more motivating health and fitness solution and we hope it inspires you to do the same!

You may have spotted our new name 'Unigym', brand, look and attitude across all campuses (Hobart, Launceston and Burnie) as we strive to deliver a warm, friendly and motivating health and fitness environment for you - a place where you want to be!

However, our makeover is more than just a new logo and splash of paint, it is about creating a dynamic and energetic fitness environment that empowers 'you' our members and drives enthusiasm in all users.

You will notice this impressive culture change and approach in everything at Unigym from our facilities and equipment through to our staff, uniforms and a new website www.unigym.com.au - check it out!

We hope this renewed energy, outlook and enthusiasm at Unigym rubs off on your own personal motivation and fitness regime!

Hobart Upgrade

Unigym is also pleased to announce that renovations to Hobart facilities commenced earlier this month. This is an exciting time for all involved with the upgrade expected to take approximately eight months.

We ask members to be patient during

this time as Unigym undergoes its first major face lift in 20 years!

During renovations the gym will not be operating at full capacity. Building works will be conducted in two stages to minimise impacts on members. During Stage One, the cardio equipment and fitness classes will be moved into the sports hall. The two squash courts will also be demolished and converted into a spin studio and therapy room. The fitness/aerobic room will also receive an upgrade with a new audio system and other room alterations.

Stage Two will mainly impact the weight section of the gym and consequently will limit the amount of weight equipment available. Classes will resume in the aerobics room while the sports hall undergoes its refurbishment. New FreeMotion equipment will also be introduced into the weight room which has recently been added to our Launceston Centre with excellent feedback.

By completion of the upgrade Unigym members will benefit from a modern facility with state-of-the-art equipment delivering more for your membership and providing a more inspiring environment.

We will endeavour to keep all clients informed about impacts and the upgrade on a regular basis. Plans of the new facility are currently being displayed in the foyer so please take the time to view how fantastic Unigym Hobart is soon to look!



MEET THE EQUIPMENT

Seated Leg Curl
 Launceston

DESCRIPTION:

The Seated Leg Curl machine is an exciting new addition to the Unigym's expanding range of equipment. It is pin-loaded, fully adjustable and more comfortable than the standard lying leg curl machine!

EXECUTION:

Sit on the machine with your legs over the rolling pads. Position the seat back so your knees just clear the edge of the seat to allow for full range of motion. Adjust the rolling pads so they sit just above your ankles, and set the leg pads so they are snug against your thighs. Starting with legs fully extended contract your hamstrings and exhale as you curl your legs in to a 90° angle. Pause in this position for a brief moment then inhale as you return your legs to full extension.

TIP:

Do not move your hips while doing this exercise. By moving your hips, you are working muscles in addition to your hamstrings, which will lessen the impact of the exercise. Focus on returning to the start position at a slower rate of motion, and make sure you maintain control of the weight at all times.

Did You Know

- A 500grams of body fat stores 3500 calories.
- The three bones of the middle ear are so small all three could easily fit on your thumbnail.
- If all 600 muscles in your body pulled in one direction, you could lift 25 tonnes.
- The human body has 72.5 kilometers of nerves.

WHAT'S ON around the state

Golf Day

The Unigym 5th Annual Golf Day is returning this year, set to tee off on the 1st of May at the Launceston. It will be a great day of golf, games and prizes all to raise money for the Menzies Institute towards research into Depression, and Cystic Fibrosis Tasmania. Entry forms will be available soon, we hope to see you there! Check out our website <http://www.unigym.com.au/launceston/>

Personal Training Special – Launceston

Ever wanted to know what your body is made of? This month with every five or more personal training sessions, you will receive a free Maltron body composition test! This test is fast, painless and will give you vital stats on muscle mass, body fat percentage, hydration and more! It's a great way to measure your progress towards your physique goals! But hurry, only for the month of April!

Boot Camp Hobart and Cradle Coast

Hobart will be running another four week Boot Camp starting Monday April 27th. This program is designed for ALL LEVELS OF FITNESS. The instructor will tailor the sessions to suit group needs, after all, the course is ALL ABOUT YOU! There will be Basic Fitness Assessments (BFA) upon commencement, during and upon completion so that you can monitor your progress and achieve your end goals.

Boot Camp will commence at our Burnie Centre with John and Kent. If you are interested in pushing yourself to the 'next level', sign up now. You won't be disappointed! Contact John Lakelands on 0418 058 867.

Contact John Lakelands on 0418405867 or Kent Whiley on 0400634963.

You may have noticed...

Over the last three months Unigym (formerly Sport and Recreation) has been undergoing some major changes. You may have noticed some funky advertising posters around Launceston Campus with slogans such as 'Move over Britney, Unigym is out of rehab and fighting fit!' So keep your eyes peeled in Hobart as we are soon to launch our own marketing campaign with some great competitions and prizes to be won.

The 2009 Amazing Staff Challenge

The Staff Challenge is on again this year, encouraging staff to keep active for good health. University staff from across the State are taking part in the challenge, creating friendly rivalry between the campuses. Fifty-eight teams are taking part, with four participants in each team.

With the use of pedometers to count steps, each participant enters their daily totals into a web-based program. This program tallies the teams' progress towards destinations. To earn more steps for their teams, participants have been taking part in mini challenges along the way. Participants have so far played games of Continuous Cricket and Handball and there are many more fun-filled activities to come.



Our Amazing walkers set off at a cracking pace three weeks ago. This year we are 'touring' Australia in a virtual sense. To date we have walked along the East Coast of Australia from Melbourne to Tamworth. Congratulations to the *New Heads on the Block*, for being team number one to this destination. The walkers are currently approaching Rockhampton, and it looks like *Off the Wall* and *UDRH Dream Team* are fighting for the destination prize.

To keep up with the ongoing battles between the teams visit our web page:

<http://sportandrecreation.utas.edu.au/Default.aspx>

BURNIE
16-20 Mooreville Drive, Burnie
03 6430 4949
burnie@unigym.com.au

Opening hours
Mon-Fri 7am – 9pm



HOBART
Grace Street, Sandy Bay
03 6226 2084
hobart@unigym.com.au

Opening hours
Mon-Fri 6.45am – 9.30pm
Sat 10.00am – 6.00pm
Sun 12noon – 6.00pm

LAUNCESTON
Brooks Road, Newnham
03 6324 3092
launceston@unigym.com.au

Opening hours
Mon-Wed 7am – 9pm
Thurs-Fri 9am – 8pm
Sat-Sun 11am – 3pm

Your questions Our answers

Q: Provide an anchor system for the punching bag in Launceston as it swings too much.

A: The dojo will be equipped with larger heavier bags to reduce the swing, if this is not suitable, we will look into an anchor for the current bag.

Q: New cords for floor to ceiling ball with non-metal attachments in Launceston?

A: We will look into upgrading the boxing equipment after the Dojo's equipment has been finalised.

Q: Can we please keep the old dumbbells in the weights area in Hobart. While it is great having the new set, it is handy having two sets as it means people do not have to wait while other people finish their sets.

A: We have left the old dumbbells in the weights room for the time being while we await the arrival of a second new set. So you will have not only the added ease of having two sets, but they will both be new!

Q: I don't think it's fair that classes get cancelled when there aren't enough (3 or more) people. Often the instructor is still working and could take the class.

A: Unfortunately it isn't efficient use of time for instructors when there are 3 or less participants. It can also be discouraging and un-motivating for instructors and clients alike.

Any questions, suggestions or queries about our newsletter please contact Victoria Bick on 6226 1923 or Victoria.Bick@utas.edu.au



www.unigym.com.au