

MAY / 09



## UNIGYM OPENS A NEW DOJO

The Launceston Unigym's new Dojo and Gym Extension were officially opened on Wednesday 22nd of April by the Deputy Vice-Chancellor (Academic) & Provost David Rich in a ceremony attended by local Government Ministers, Council members, staff, students and members of the wider community. The President of the Launceston University Judo Club, Kerry Wakefield conducted a gripping demonstration with two of his talented pupils. The demonstration provided a brief insight into the martial art and educated the audience on many of the technical aspects of Judo. The audience was left marveling at the pupils and their strength, skill and agility in commanding the mat when they simulated a fight for their final demonstration.

The word 'Dojo' comes from Japanese literature and refers to a school for training in the Japanese arts of self-defense, such as Judo and Karate. Dojo members and participants will benefit from the modern and specifically designed Dojo in Launceston as it creates a serene and comfortable environment to learn the skilful talent of martial arts. It is a sacred place of learning for students and teachers alike.

The Dojo and Centre extensions valued at over \$1 million adds a new dimension to the facilities offered on the Launceston campus. The Dojo development and Gym Extension has been Federally funded

as part of the VSU Transitional Funding distribution which will significantly enhance opportunities on our Launceston campus. The Dojo is a fantastic, contemporary facility and is the only one in Tasmania to meet national competition standards. The facility will appeal to marital arts clubs in the area and attract state and national competitions in sports such as Judo, Aikido and Tae Kwon Do. In addition, the Centre will also utilise this facility for various activities such as Yoga, Pilates and as part of our School Wellbeing program offerings.

The Gym Extension added additional floor space to the weights/cardio area and a further \$100,000 of state-of-the-art fitness equipment has been installed in this section. Each month we will be introducing one of the new pieces of fitness equipment in our 'meet the equipment' segment in the Newsletter, so remember to obtain a copy each month and familiarise yourself with the new equipment! Unigym hopes all of these wonderful additions will increase our engagement with the Launceston people and surrounding communities.



## MEET THE EQUIPMENT

### Star Trac Recumbent Bike Launceston

Check out one of the latest additions to our range of cardio equipment! If you want to burn calories in comfort, the Star Trac Recumbent Exercise Bike could be the machine for you. Complete with seat back, arm rests, fan and magazine holder you won't even notice your exercising! Features also include easy to read display, programmable resistance, plus calorie, distance and heart rate feedback.

## Social Sports

### LAUNCESTON

With only two rounds left, the "Kutt" Social Sport Roster for Semester 1 is a very close competition. For several weeks the Netball ladder has been dominated by Dutch Deluxe and The Fighting Quails, at times being separated by as little as 1 percent. In Soccer: Omanis, We Are United, Architorture and Dynamite have been juggling positions in the top four with very little separating these tenacious teams. Stay tuned in the coming weeks for climactic finale of "Kutt" Social Sport!

### HOBART

The "Metz" Cage Soccer Championship finals are only two weeks away. This semester the competition has taken a new twist with the added difficulty of playing outdoors with a wicked chill factor most evenings. The players have risen to this new challenge vying each week for a \$25 voucher, with all teams hoping to reach the finals in order to win the grand final prize of \$150 voucher from the Metz. Leading the two groups are Tigers and United, these two teams are going to be tough to beat in their groups, however there will no doubt be a late surge from the other teams. The grand finals will be held on Wednesday 20th May at Unigym Hobart from 6pm so please come along and be apart of the action!

# WHAT'S ON around the state

## Open Day – Launceston

On Saturday July 11th there will be an Open Day for the Launceston Unigym. The day will involve extending an invite to all members, students, staff and the wider community to visit the Unigym facility and view the exciting addition of the Dojo (marital art) facility, gym extension and the new state of the art cardio/weights equipment. The day will involve a lunch time BBQ, martial art, pilates, yoga and aerobic fitness class demonstrations. There will be guided tours through the Centre and demonstrations of the state of the art fitness equipment as well. There will be great prizes to be won on the day for participating in the activity challenges and for simply being there! Further details will be posted on the Unigym Launceston website - <http://www.unigym.com.au/launceston/>

## Boot Camp Hobart and Cradle Coast Campus

Hobart will be running another four week Boot Camp starting Monday 1st June. 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.

## How do you do it!

27th May at City Park Launceston from 11am till 2pm. How do you do it! Is a health and wellbeing expo that will showcase over 30 providers of health and wellbeing services available to residents of Launceston and surrounding areas. Launceston Unigym will be taking part on the day, with demonstrations, displays and sessions from personal trainers, also Hawka will be there from the Hawthorn Football club. Please come along to this Active Launceston initiative and show your support as there will be plenty of prizes and incentives given away on the day.

## Unigym Launceston 10 Training Group

This year Unigym Launceston will be focusing on helping people achieve great results for the 2009 B&E Launceston 10 to be held on the 19th July 2009. This eight (8) week supervised training program is open to anyone, and will commence on Monday the 25th of May. Conducted by our expert Unigym team, the program costs include race entry fee, training home work, 2 x fitness assessments, Unigym session passes and a groovy t-shirt.

## Golfing for a cause!

The 5th Annual Unigym Charity Golf Day was held on Friday 1st May at the Launceston Golf Club. The Charity Golf Day is the event Unigym looks forward to organising each year as it is a great opportunity for staff, students and community members to join together to raise money for two worthy charities, while being active and improving their own health and wellbeing through exercise and social involvement. This year the Golf Day raised money for the Menzies Research Institute as they conduct a crucial new pilot study into the link between depression and diabetes. The money raised will also support Cystic Fibrosis Tasmania, they are a voluntary based organisation that rely almost entirely on donations and fund raising to provide support and services to over 100 families living with Cystic Fibrosis in Tasmania. The support from local and national businesses was overwhelming this year, providing numerous prizes, enabling us to offer activities on the day

including: best dressed, nearest to the pins, longest drive competitions, quizzes and raffle prizes. The day was truly entertaining with a rumble in the jungle dress theme. The winning team was the Broadring Team consisting of Christine Ring, Adam Ring, James Pyke and Stuart Harrison finishing with a score of 51. Second place went to the Prickly Cactus team with a score of 56 and third place went to the Moore Stephens team with a score of 58. Congratulations and thank you to all of the players who entered and a big thank you to all the sponsors for making the day such a success. We hope to see you next year at the 2010 UTAS Charity Golf Day.



## Your questions Our answers

**Q: No mobile phones in gym, the conversations are annoying and why should we be subjected to listen to them?**

A: We ask that all members leave their phones either in their lockers, or on silent, and any conversations are to be taken outside the weights/cardio room. It is clearly stated in the member policy document that mobile phones are not allowed in the weights/cardio area so be prepared for a warning by Unigym staff if you are found to be using a mobile phone in a restricted area.

**Q: Change Attack It from Tuesday to Wednesday or Thursday so it's not straight after the Monday class in Launceston.**

A: A valid suggestion! We will assess the attendance numbers of the Tuesday night class and decide whether the change would be suitable for current patrons.

**Q: The gym should be open over Easter, or we have our m/ships extended a week.**

A: Unfortunately Unigym's closure must coincide with the University's closure and this is partly why we are able to offer cheaper membership rates.

**Q: The gym is too cluttered. Get rid of some of the old decrepit stuff and make a dedicated area for stretching in Hobart.**

A: This is something we have considered and have incorporated into the new design for the Centre.

There will be a dedicated stretching area with brand new mats!

**Any questions, suggestions or queries about our newsletter please contact Victoria Bick on 6226 1923 or [Victoria.Bick@utas.edu.au](mailto:Victoria.Bick@utas.edu.au)**

**BURNIE**  
16-20 Mooreville Drive, Burnie  
03 6430 4949  
[burnie@unigym.com.au](mailto:burnie@unigym.com.au)

Opening hours  
Mon-Fri 7am – 9pm



**HOBART**  
Grace Street, Sandy Bay  
03 6226 2084  
[hobart@unigym.com.au](mailto: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](mailto:launceston@unigym.com.au)

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



[www.unigym.com.au](http://www.unigym.com.au)