

REVU

UNIGYM MONTHLY NEWS

OCTOBER / 09

SPORT + FITNESS
unigym
 FOR EVERYBODY



OCTOBER IS...

GET MOVING TASMANIA MONTH

Get Moving Tasmania' is a state-wide initiative supporting the development of a more physically active Tasmanian community. The project aims to increase the level of physical activity of all Tasmanians and promote active and healthy lifestyles.

Unigym's philosophy is 'Fitness for Everybody' ensuring that, regardless of your walk of life, there is a fitness solution to inspire you. The benefits of regular physical activity are endless. Whether you are a full blown gym junkie, or just someone who enjoys regular walks with your dog, being physically active is one of the most important things you can do for your long term health.

During the month of October, Unigym Launceston is excited to offer the following events and activities for you to become involved and reap the rewards of physical activity.

Lunch Time "Walk and Talk"

Starting on Wednesday 7th October, and continuing each Wednesday through the month of October, a supervised walk of 30-45 minutes will depart from Unigym Launceston at 12.15pm.

There is no registration required, and sessions are absolutely **FREE!**

National Ride to Work Day

Wednesday 14th October

Unigym Launceston is hosting a **FREE** Breakfast on Wednesday 14th October, between 8.30am and 9.00am, for those who participate in National Ride to Work Day. Refuel after your invigorating bike ride, ready to start your working day.

Register your interest at Launceston@unigym.com.au.



MEET THE EQUIPMENT

The Ab Coaster
Launceston

The Ab Coaster is proving to be one of Launceston's most popular machines. This streamlined core workout gives you the ultimate core workout. The Ab Coaster's design means no more crunches and no more sit ups! The movement ensures that your core is constantly in its working phase and with the option to adjust the seat, you can also target your obliques. Slow, controlled movement is the key to making this machine work for you. Coast your way to sculpted abs today!

Social Sport - HOBART

Hobart's Cage Soccer final was held last Wednesday, 30 September with the Tigers playing United. United lead 3-0 early in the match. The Tigers responded with two goals to get within a goal. With only a few minutes remaining, the Tigers kicked a third which was instantly followed by a fourth to win the match 4-3.

Unigym would like to thank the major sponsor 'The Metz' on the Bay for their fantastic support. We would also like to sincerely thank Pepperz Café for their great support, and Adel Alfahmi for his ongoing commitment to the program.

Unigym will be offering a huge social sports program in 2010 to coincide with the opening of the new facilities. There will be a variety of mixed social sports including futsal, basketball, tennis, volleyball, and table tennis. Unigym will also be offering a mixed touch football roster for the first time.

UNIGYM EVENTS

UNIGYM RELOADED!

Unigym LAUNCESTON - UTAS Live Life

Active Launceston has recently introduced UTAS LIVE LIFE, a free program of activities held on the University of Tasmania, Launceston Campus. Aimed at improving health and wellbeing in the workplace, these activities have been organised for the benefit of UTAS staff members. Yoga, Pilates, Circuit and Pump classes will operate from Unigym, with healthy eating seminars also scheduled around campus. The fitness classes cater for all levels of fitness, age and abilities. With these free activities running until the end of the year, don't pass up this convenient opportunity to get active.

For a copy of the Activities Timetable visit *Active Launceston*: www.activelaunceston.com
Register for sessions via email at Launceston@unigym.com.au

Unigym HOBART - UTAS Get Out & Active

Unigym Hobart and Pepperz Café at Accommodation Services are pleased to introduce the UTAS Get Out & Active Program for staff. The first series of the program, Walking, started on September 29th. The six week program involves a cost-free, 30 minuted supervised walk around the Sandy Bay area every Tuesday and Thursday. Pepperz is providing participants with low-cost, pre-packed, healthy meals at the conclusion of each walk, to educate staff on the benefits of a balanced diet.

Three additional six week programs including Weight Loss, Strength Training and Toning, and Fitness, will follow. Commencement dates for these are to be advised.

Please check our website, www.unigym.com.au, for more information and to access the program's registration form, or call Reception on 62 262084



TOUR de HEART

On Sunday October 19th cyclists from across the State gathered together for the Tour de Heart Indoor Cycling Challenge. Bikes were mounted on wind trainers, set up to calculate the distance and speed of all competitors. Keeping to the theme of the Tour de France, the challenge was broken into separate stages including sprinting, hill climbs and racing tactics. Sarah, of Unigym Launceston, competed with the generous support of Bruce Stevenson Toyota, Prickly Cactus and Wholesome House. Funds raised went towards the Heart Foundation and their continued research into heart disease.

The day was a great success with up to twenty competitors involved. All competitors gave their best effort, with winners being crowned Overall winner, Sprint King and Mountain Ranger.



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

Opening hours
Mon-Fri 7am – 9pm



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

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

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

With refurbishments on schedule to be completed by January 2010, Hobart Unigym will launch its exciting new Centre and facilities in February 2010.

Changes will include a brand new entrance and reception area, weights and cardio room with new state of the art equipment, and multipurpose room with table soccer, table tennis and air hockey. Unigym will also introduce a new therapy and treatment room, and a lift access for those with injury or mobility issues.

Why Walk?

Fun Facts about Walking:

- You need to use 200 muscles in your body to walk
- The average person walks the equivalent of three and a half times around the earth in a lifetime
- Everywhere is walking distance if you have the time!!

HAVE YOUR SAY...

Unigym are always striving to provide clients with the optimal fitness and wellbeing experience, so please let us know via email or a 'suggestion box' note if there is anything we can do to improve your visit to our facilities.

Any questions, suggestions or queries about our newsletter please contact Holly Butler on 63 243092 or Holly.Butler@utas.edu.au



www.unigym.com.au