

# REUV

UNIGYM MONTHLY NEWS

JANUARY / 2010

SPORT + FITNESS  
unigym  
FOR EVERYBODY

## UNIGYM POLICY REMINDERS & CHANGES FOR 2010

**T**he start of a new decade holds the promise of new beginnings and fresh ideas. Unigym has started the year with a modern façade, boasting state-of-the-art facilities which are perfect for beginning a new fitness program, or for maintaining your current program. Unigym staff wish to remind you of some of our on-going policies, as well as some changes for 2010.

**TOWEL USE:** For hygiene reasons and for the comfort of all gym goers, it is compulsory for all clients to have a bath towel and use it appropriately in the weights and cardio area: Lay towel over equipment to minimise body contact; use the towel to wipe any sweat beads on your body before it drips.

**No towel. No workout. No exceptions.** Towels are available for hire for \$4.00 or purchase one from the range we have at Reception.

**FOOTWEAR:** All Fitness Centres are regarded as 'high risk' environments due to the equipment we house. We therefore must enforce policies relating to footwear for the safety of all clients. All users must wear fully enclosed, lace up, appropriate athletic footwear (sneakers/sandshoes) must be worn. All clients should be aware of the footwear we accept in the Centre. Footwear that we will deny access to our facilities include: Thongs, Crocs, sandals, clogs, Blundstone Boots or work boots, gumboots, slip on shoes, dress shoes, school shoes, Ugg boots, slippers, sneakers or walking shoes that expose any aspect of the foot.

Clients not adhering will be requested to leave and/or change into appropriate footwear.

Personal belongings such as bags and clothing should not be taken into Weights and Cardio room. Lockers are available. Both the Launceston and Hobart Centre's have electronic valuables lockers that may be used by all clients. Larger, keyed lockers are available for use in the changerooms and keys can be obtained by handing over your ID card.

### New for 2010:

**AGE POLICY:** Children aged 14 may access our Weights/Cardio facility, providing they are fully inducted and have a program developed by one of our Personal Trainers (membership forms must be signed by a Parent or Guardian). Parents/guardians of clients under the age of 16 must be aware of the dangers of weight bearing exercise on growing bodies and are welcome to discuss any issues of concern with Unigym staff or trainers.

Children aged 14 or under may access other areas of the Centre, providing they are fully supervised (either by a parent, guardian, trainer, instructor or teacher at all times)

**INDUCTION INFORMATION:** All new and current members will be required to attend an induction session with one of the Unigym staff prior to accessing the new weights and cardio area at Unigym Hobart. The induction involves Unigym staff guiding you through the correct manner in which to use the new equipment. This will ensure you are gaining optimum benefits from your workouts, whilst enabling you to perform safe and correct exercises.

Unigym Staff are always available should you have any further questions with regard to any of our equipment, as we strive to provide friendly, accessible information to our clients.

**DIRECT DEBIT:** A new membership option available this year at Unigym Hobart is the Direct Debit payment method. Direct Debit involves you having monthly payments taken out of your savings or cheque account. Direct Debit memberships incur a \$75 establishment fee, yet allow you the convenience of continuing on a perpetual membership without the hassle of a yearly renewal.

This payment option is recommended for longer term members as there are fees which apply for clients wishing to end contracts under 12 months. For all Unigym Policies please visit the website, or request to view a copy from our Reception.



**MEET THE EQUIPMENT**  
Chip/Hip/Dip Frame  
**Launceston**

Back by popular demand, Unigym brings members the Body Solid VKR Chin/Hip/Dip Frame offering a complete upper body workout. The freestanding frame challenges you to use your own body weight to perform exercises, sculpting your abdominals, back, chest, arms and shoulders. With the back support unit and padding for the arms, lower back strain is eliminated, leaving you free to pursue your fitness goals.

Try our Chin/Hip/Dip today and feel the results in your workout!

### Social Sport REMINDER

Unigym urges you to begin organising a team for the 2010 Social Sport roster. This year Hobart and Launceston will be offering a variety of sports including soccer, netball, basketball and touch football, table tennis and volleyball. The success and continuation of the Unigym Social Sport roster relies on the interest generated by participants. Ensure that you don't miss out on this fantastic opportunity to enhance your health and wellbeing while meeting new people in a safe, fun, and friendly environment. Enquire at Unigym Reception for further information, or see our website [www.unigym.com.au](http://www.unigym.com.au) for more details.

Download entry forms from the Social Sport section of the website.

Entries close: Wednesday 3rd March, 2010. Get your entries in early to avoid disappointment. If you are unable to organise a team, give your name to Unigym and we will help to find you a team.

# WHAT'S ON...

## UNIGYM EVENTS

### 'O' WEEK

The arrival of the students to University of Tasmania campuses across the state sees the return of 'O' Week festivities for another year. This is a chance for current students to reconnect after the break, and for new students to find out more about what University life has to offer. Unigym staff will be available throughout the week to answer any questions you may have in regard to sport and recreation options on the campus, and to assist in inspiring you to achieve your health and fitness goals for 2010 and beyond.

### HOBART UNIGYM - Megaday Launch

Unigym Hobart will be showcasing its brand new, state-of-the-art facility on Saturday 27th February, 2010. The official opening will play host to keynote speakers, games, activities, food and promotions. This family-friendly atmosphere will allow you to experience what Unigym has to offer, through demonstrations and tours of the facility. Stay tuned to our webpage [www.unigym.com.au](http://www.unigym.com.au), Facebook, and Unigym Reception for more information in the coming weeks.

Unigym Fitness Centres are open to everyone! Come on down and find out what everybody's talking about (off Grace Street, Sandy Bay)

### UTAS Unigym Charity Golf Day

Unigym are currently preparing for their 6th Annual UTAS Unigym Charity Golf Day. The 2010 event will be held on Friday 26th March, at the Launceston Golf Club. All proceeds will go towards The Menzies Institute towards research into depression, and Cystic Fibrosis Tasmania. Entry forms will be available on our website, [www.unigym.com.au](http://www.unigym.com.au) soon.



### New Fitness Classes for 2010

At Unigym, we are continually working to develop new and innovative ideas which set us apart from our competition. This year Unigym are trialling some innovative Fitness Classes in both the Hobart and Launceston Centres. These classes aim to add flair to existing classes, while adding something new to your current fitness regime. Most existing classes will still be available.

#### HOBART:

**Forget Bootcamp... BASIC TRAINING IS HERE!** A thrilling new military-based physical training program commencing Monday 15th February 2010. It will offer an enjoyable, safe and authentic militaristic environment aimed at improving fitness, losing weight and team building skills. Sign up at Unigym Hobart now and don't be afraid of getting dirty!

**SPIN MEDITATION is coming:** Thursday 21st January 2010 will see the introduction of Spin Meditation, an uplifting and rewarding program that offers participants opportunities to increase their endurance and training abilities while focussing the mind. Abate stresses by learning to work without tension.

#### LAUNCESTON:

**JAMMIN':** A fun, fat-burning, motivational dance class challenging co-ordination and fitness.

**CORE & ALL:** A functional training class designed for an all over body work out. Incorporating equipment such as the Bosu and TRX this workout will have you toned and sculptured.

**FAT BURNER:** Watch calories go up in smoke as you work the moves on the step and combine it with some great aerobic moves on the floor.

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

Opening hours  
Mon-Fri 7am - 9pm



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

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

## UNIGYM... ONLINE!

If you haven't already heard, Unigym is now on Facebook. Ensure that you keep up to date on all events and activities at Unigym Centres by becoming a fan on Facebook. Furthermore, our comprehensive website offers up-to-date information, which is easily accessible at [www.unigym.com.au](http://www.unigym.com.au)

Please note: there will be random prizes distributed throughout 2010 that you will automatically enter by becoming a fan of Unigym.

JOIN TODAY!

### 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](mailto:Holly.Butler@utas.edu.au)



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