

BODY ATTACK: Is a 55 minute class with two aerobic sections to challenge your cardio fitness and stamina. muscle conditioning will strengthen and tone your entire body.

BOX IT: Throw those punches! A high energy boxing style class using focus pads, gym equipment and traditional boxing drills.

PILATES: Body conditioning, alignment and balance through movement and breathing.

BODY PUMP: You'll use a step platform, a bar and a selection of weights to suit your fitness level. If you're new to resistance training, or if you're out of shape, you should begin with light weights.

SPIN IT: Improve your aerobic & anaerobic fitness in this energetic cycle class, hop on those bikes and let's see you spin it!!!

TOTAL MIND & BODY: Combining the principles of Tai Chi, Yoga and Pilates this class will activate your core and stimulate your mind and body.

ZUMBA: Focusses on hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

BOOT CAMP: This military style outdoor class will definitely challenge you! The class will utilise a variety of equipment and the general surrounds to create a class that will get the heart pumping. A block of classes can also be purchased for non-members.



SPORT + FITNESS
unigym
FOR EVERYBODY

FITNESS CLASS TIMETABLE

LAUNCESTON 2011.

OPENING HOURS

Launceston Centre

Mon - Wed 7am – 9pm

Thurs 7am - 8pm

Fri 9am – 8pm

Sat 9am – 1pm

Sun 10am - 1pm

For all bookings and enquiries:



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SEMESTER 1 2011

BOOKINGS ARE ESSENTIAL FOR SPIN CLASSES AND BOOT CAMP

UNIGYM 2011 FITNESS CLASS TIMETABLE UPDATE (14TH FEBRUARY 2011)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.10am (AERO)		BOOTCAMP (Matt)		BOOTCAMP (Marcus)		
12.10pm (AERO)	 BODY ATTACK (Rachel A)		 BODY PUMP (Marcus)	SPIN IT (Marcus)		
1.10 pm (AERO)	SPIN IT (Marcus)	 BODY PUMP (Rachel K)		 (Tony)	 BODY PUMP (Rachel A)	Boot Camp is here! Are you up for the challenge? 
1.10pm (DOJO)		PILATES (Rachel A)		PILATES (Rachel A)		
5.10pm (AERO)	 (Tony)	SPIN IT (Steve)	 (Rachel K)	 BODY ATTACK (Matt)		
5.10pm (DOJO)	BOX IT (Sarah)	TOTAL MIND & BODY (Matt)	BOOTCAMP (Marcus)			
6.10pm (AERO)	 BODY PUMP (Marcus)	 BODY ATTACK (Rachel A)	SPIN IT (James)			(AERO) = Aerobics Room (DOJO) = Dojo Facility