















































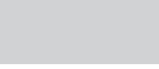



GROUP FITNESS

TIMETABLE

Effective: 3rd December

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	SUN
6:10am	 45 RACHEL	 45 LARRY	 45 RACHEL	 45 RACHEL		8:15am	 45 RACHEL	
		 45 TRUDY			 45 TRUDY		 45 ANNA-MARIA	
7:00am			 30 RACHEL			9:00am	 30 ADAM	
8:00am	 60 JO		 60 JO		 60 JO	9:30am	 30 ADAM	
9:00am		 60 CHERRY		 60 CHERRY		10:00am	 60 ARWEN	
12:00pm	 30 NICOLE	 60 NICOLE	 30 NICOLE	 60 NICOLE		10:30am		 60 TRUDY
12:30pm	 60 NICOLE		 30 NICOLE		 60 ARWEN	11:00am	 60 ARLETTE	
1:00pm			 45 NICOLE			11:30am		 60 TRUDY
4:30pm	 60 NICOLE			 60 ADAM	 60 ADAM	4:00pm	 90 LOENE	
				 60 ARWEN		4:30pm		 60 NICOLE
5:30pm	 60 NICOLE	 30 TRUDY	 60 ANNA-MARIA	 60 TRUDY	 30 ADAM			
	 45 ARWEN/LARRY	 45 LARRY/NADINE		 45 LAURA				
6:00pm		 45 TRUDY			 30 ADAM			
6:30pm	 30 NICOLE			 45 PAUL	 60 ARLETTE			
7:00pm	 45 PAUL	 60 NICOLE						
7:15pm	 60 NICOLE							



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*The figure in the right hand corner of the class box indicates length of class in minutes

*Group Fitness Timetable may be subject to change due to public holidays

PLEASE SHOW YOUR SUPPORT FOR YOUR FAVOURITE CLASSES BY ATTENDING REGULARLY AS THOSE THAT CONSISTENTLY HAVE LOW PARTICIPATION (<10 PEOPLE) WILL BE RECONSIDERED FOR INCLUSION IN FUTURE TIMETABLES.

GROUP FITNESS TIMETABLE

Effective: 3rd December



BODY ATTACK

This high energy interval training class combines athletic sports inspired movements with strength and stabilisation exercises. Dynamic instructors and powerful music will motivate everyone towards their fitness goals.

BODY BALANCE

Combines yoga, pilates and tai chi to build flexibility and core strength through a series of stretches, moves and poses. Through controlled breathing and concentration, you'll finish feeling centred, calm and balanced.

BOXING

A boxing/circuit style class that combines traditional boxing combinations with MMA style conditioning exercises. Classes can also include batterlopes, kettlebells, bodyweight work and running. An overall conditioning class with a boxing focus.

***For hygiene purposes all participants must wear cotton gloves during the BOXING class. Inners are available from reception for a minimal fee.**

CX-WORX

This program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body. This workout will leave you looking good and feeling strong.

PILATES

Pilates will help build strength, endurance and flexibility while improving your balance and core. Perfect for all fitness levels.

PUMP

This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results fast!

SPIN

Improve your aerobic and anaerobic fitness in this energetic cycle class. Take on the hills, flats, mountain peaks, speed work and interval training to reach that endorphin high!

UFO CLASS

Start low, go slow! A resistance based exercise program for people over 50.

YOGA

Combines the traditional principles of Yoga with slow movements and stretching. Yoga is great for increasing flexibility and balance, relieving stress and promoting relaxation.

ZUMBA

Ditch the workout... join the party! The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!

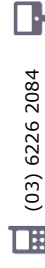
Hobart Centre Opening Hours

Monday - Friday	6:00am - 9:15pm
Saturday	8:00am - 6:00pm
Sunday	10:00am - 6:00pm
Public Holidays	8:00am - 6:00pm



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HIGH PERFORMANCE CENTRE

Strength and Conditioning Timetable

Effective: 3rd December

TIME	MON	TUES	WED	THURS	FRI	SAT
6:10am	G.A.C	INTV	G.A.C		INTV	
7:00am				HIIT		
8:10am						G.A.C
9:00am						
12:00pm	INTV	G.A.C	HIIT	G.A.C	HIIT	
12:45pm						
4:15pm		HIIT	INTV			
5:00pm			INTV			

HIIT High intensity interval training, 4 minute work with 1- minute recovery - 5 rounds

INTV Intervals: 30:30 / 20:40 / 10:20 various work rest ratios

G.A.C General Athletic Conditioning: Strength/ AMRAPs / EMOMS / Ladders / Circuits

- Max 20 people per class
- Everyone can work at their own level, the workouts are aimed to challenge you in a way that will bring the highest energy expenditure for the given time.
- Exercises include kettlebells, rowers, ski rigs, assault bikes, prowlers and body weight movements.
- Weights are kept relatively low however, the speed and power is high.



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Unigym Personal Training

Our experienced trainers will assist you in every aspect of your health and well-being journey, helping you work towards your specific goals. Our sessions are tailored to your needs, whether you are after weight loss, hypertrophy, nutrition advice or program monitoring.

UTAS Student

Sessions	Price/Per Session
Single:	\$55
Five Pack:	\$250 (\$50 per session)
Ten Pack:	\$450 (\$45 per session)

Unigym Community

Sessions	Price/Per Session
Single:	\$75
Five Pack:	\$350 (\$70 per session)
Ten Pack:	\$650 (\$65 per session)

UTAS Staff

Sessions	Price/Per Session
Single:	\$65
Five Pack:	\$300 (\$60 per session)
Ten Pack:	\$550 (\$55 per session)

Program update / Functional Movement Screening

Community:	\$60
Staff:	\$55
Student:	\$50

Small Group Training

Two to Six People

The small group training option allows you and up to five family or friends to receive the benefit of personalised small group sessions tailored to your collective goals. It allows a more personalised environment for you to achieve your fitness goals.

Price/Per Session	Additional \$20 per person to a maximum of 4 people
Two People: \$60 (minimum)	

**Get in contact with our friendly reception staff
to enquire on how personal training can
benefit you today!**

All sessions are one hour in length.

**Cancellation policy applies. Please refer to terms and conditions for more information*



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