

# GROUP FITNESS TIMETABLE

Effective 18th February

TIME	MON	TUES	WED	THURS	FRI	SAT
7:15am	LES MILLS CXWORX 30	LES MILLS BODYATTACK 45	Yoga 45	LES MILLS BODYPUMP 45		
10:00am						<del>CROSSTRAIN</del> 45
12:00pm	spin 30	LES MILLS BODYPUMP 30	LES MILLS BODYSTEP 45	spin 30	LES MILLS BODYPUMP 30	
12:30pm	LES MILLS BODYATTACK 30	metafit. 30		ATB 30	LES MILLS CXWORX 30	
1:00pm	STRETCH 45			Yoga 45		
5:00pm	ATB 30	spin 30	LES MILLS CXWORX 30	LES MILLS BODYATTACK 30	spin 30	
5:15pm	Yoga 45		cross punch 30		Yoga 50	
5:35pm	ZUU 30	HIIT 30	ZUU 30	HIIT 30		
6:05pm	cross punch 45	LES MILLS BODYSTEP 30	LES MILLS BODYPUMP 30			

\*Please note that the figure in the right hand corner of the class box indicates length of class in minutes

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.

## Launceston Centre Opening Hours

Monday - Friday 7:00am - 9:00pm  
 Saturday 9:00am - 1:00pm  
 Sunday 10:00am - 1:00pm  
 Public Holidays 12:00pm - 4:00pm



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Unigym Launceston

## CLASS DESCRIPTIONS

### ATB

(Abs, Thighs and Butts) this 30min class is designed to strengthen, tone and shape the core and lower body. Suitable for all fitness levels

### 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 STEP

Lift your fitness, raise your energy! A full body cardio workout that will target and tone your butt and thighs. This class will help build stamina and use athletic and weight plate exercises, while playing great fun music. Body step is for everyone, moves can be high intensity, but there are plenty of options to get you through the workout safely.

### CROSSPUNCH

A boxing style class that involves traditional boxing and MMA combinations, suitable for all levels of fitness. **For hygiene purposes all participants must wear cotton gloves during the class. Inners are available from reception for a minimal fee.**

### CROSSTRAIN

This 45min class is all about variety! The format will change week to week, but it will always challenge you. Expect fun cardio to tough strength work, and even some moves from our other timetable classes.

### 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.

### HIIT

High intensity interval training. Guaranteed to make you work hard. Strength and conditioning based, these classes vary, but included battle ropes, kettlebells, dynamic body weight movements, weight and cardio training.

### METAFIT

A 30min high intensity interval style class that uses body weight only. This whole body workout is designed to work your major muscle groups functionally. It will tone the muscles and increase your fitness and energy 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!

### STRETCH

Stretching can enhance grace and ease in body movement. It allows you to let go of any tension throughout the body which can help you recover from strength building workouts and to increase flexibility.

### YOGA

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

### ZUU

A training style based around "primal pattern" body weight exercises. The sessions are constructed into high intensity full body workouts with very specific sequences. Every workout targets all major and minor muscle groups while engaging both the anaerobic and aerobic systems.