

# HIGH PERFORMANCE CENTRE

## Strength and Conditioning Timetable

*Effective: 26th February 2024*

TIME	MON	TUES	WED	THURS	FRI
6:00am	G.A.C		G.A.C		G.A.C
12:00pm	H.I.I.T	BUILD	G.A.C	BUILD	H.I.I.T
4.15pm	H.I.I.T		G.A.C		
5:15pm	H.I.I.T	BUILD	G.A.C	BUILD	

### G.A.C:

Team focused endurance workouts, that challenge all energy systems. These sessions focus on higher loads and higher volume.

### H.I.I.T:

Conditioning based, focusing on light to moderate loads, low complexity movements that are adaptable to all fitness levels. High energy and loads of fun.

### BUILD:

A group strength program with a focus on total body and progressive overload. The purpose of the sessions is to assist with lean muscle growth, development of strength and learn new key movements.


## Hobart Operating Hours


### Member Access

Monday - Friday: 5:30am - 10:00pm  
Saturday - Sunday: 5:30am - 8:00pm

### Staffed Hours

Monday - Friday: 10:30am - 9:00pm  
Saturday: 7:45am - 10:45am

 (03) 6226 2084



































 [utas.edu.au/unigym](https://utas.edu.au/unigym)

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 Unigym Hobart

# GROUP FITNESS TIMETABLE

Effective: 26th February 2024

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	SUN
6:00am		45  LARRY		45  RACHEL		8:00am	45  RACHEL	
8:00am	30  OMID		30  OMID		60  OMID	8:00am	45  LAURA	
8.30am	30  OMID		30  OMID					
9:00am		60  BONITA		60  BONITA		9:00am	30  HOLLY	
12:00pm	60  NICOLE	45  NICOLE	12:30pm  OMID	45  NICOLE	60  NICOLE	10:30am	60  MING	
4:30pm	45  NICOLE	45  OMID	60  NICOLE	45  LARRY	60  MATT	4:30pm		60  NICOLE
4:30pm				45  ADELE		 <p>*The figure in the right hand corner of the class box indicates length of class in minutes</p> <p>*Please head to our website to book into sessions 90 minutes prior.</p>		
5:30pm	60  NICOLE	30  HOLLY	60  LAURA	60  MING	30  HOLLY			
6.00pm		30  LAURA						
6:15pm	60  DION		60  DION					

## METAFIT

Metafit keeps things simple, coach-led and technique-focused, it's a military-inspired workout that sticks to the true principles of high intensity interval training.

## 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.

## BODY 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!

## BOXING

A boxing/circuit style class that combines traditional boxing combinations with MMA style conditioning exercises. Classes can also include battle ropes, 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.

## CORE

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.

## UFO

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

## PILATES

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

## SPIN

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

## 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.