















































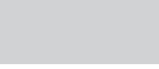



GROUP FITNESS

TIMETABLE

Effective: 3 June 2019

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	SUN
6:10am	 45 RACHEL	 45 LARRY	 45 RACHEL	 45 RACHEL	 45 RACHEL	8:10am	 45 RACHEL	
		 45 MATT			 45 LARISSA		 45 ANNA-MARIA	
7:00am			 30 RACHEL		 30 RACHEL	9:00am	 60 ANNA-MARIA	
8:00am	 60 JO		 60 JO		 60 JO	9:30am		
9:00am		 60 CHERRY		 60 CHERRY		10:00am	 60 ARWEN	
12:00pm		 60 NICOLE	 30 NICOLE	 60 NICOLE		10:30am		 60 NICOLE
12:30pm	 60 NICOLE		 30 NICOLE		 60 ARWEN	11:00am	 60 ARLETTE	
1:00pm			 45 NICOLE			11:30am		 60 MATT
4:30pm			 60 LOENE	 60 MATT	 60 MATT	4:00pm	 90 LOENE	
				 60 ARWEN		4:30pm		 60 NICOLE
5:30pm	 60 NICOLE	 30 NICOLE	 60 ANNA-MARIA	 60 KRIS				
	 45 ARWEN	 45 NADINE	 45 ARWEN	 45 LARRY				
6:00pm		 45 NICOLE						
6:30pm	 30 NICOLE		 60 LAURA	 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: 18 March 2019



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-WORK

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

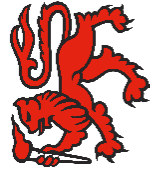
Combines the traditional principles of Yoga with slow movements and stretching. Yoga is great for increasing flexibility and balance, relieving stress and promoting relaxation.

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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(03) 6226 2084



unigym.com.au



Hobart@unigym.com.au



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HIGH PERFORMANCE CENTRE

Strength and Conditioning Timetable

Effective: 12 February

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