

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	7:00-9:00 AM Gym Session 12:00PM BODYCOMBAT™ 12:00-2:00 PM Gym Session 1:00 PM Yoga	5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00PM BODYPUMP™ 12:00-2:00 PM Gym Session	7:00-9:00 AM Gym Session 12:00 PM Fitball (30min) 12:30 PM CXWORX™(30min) 12:00-2:00 PM Gym Session 1:00 PM Yogalates	5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00PM BODYBALANCE™ 12:00-2:00 PM Gym Session		
	7	8	9	10	11	12
CENTRE CLOSED LABOUR DAY PUBLIC HOLIDAY	7:00-9:00 AM Gym Session 12:00PM BODYCOMBAT™ 12:00-2:00 PM Gym Session 1:00 PM Yoga	5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00PM BODYPUMP™ 12:00-2:00 PM Gym Session	7:00-9:00 AM Gym Session 12:00 PM Fitball (30min) 12:30 PM CXWORX™(30min) 12:00-2:00 PM Gym Session 1:00 PM Yogalates	5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00PM BODYBALANCE™ 12:00-2:00 PM Gym Session		
	14	15	16	17	18	19
6:00 AM Boxing 7:00-9:00 AM Gym Session 12:00 PM Yogalates 12:00 PM XFIT (\$5 P/P) 12:00-2:00 PM Gym Session 1:00 PM ZUMBA 4:30 PM Tai Chi	7:00-9:00 AM Gym Session 12:00PM BODYCOMBAT™ 12:00-2:00 PM Gym Session 1:00 PM Yoga	5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00PM BODYPUMP™ 12:00-2:00 PM Gym Session	7:00-9:00 AM Gym Session 12:00 PM Fitball (30min) 12:30 PM CXWORX™(30min) 12:00-2:00 PM Volleyball 12:00-2:00 PM Gym Session 1:00 PM Yogalates	5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00PM BODYBALANCE™ 12:00-2:00 PM Gym Session		
	21	22	23	24	25	26
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	28	29	30	31		
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** please note - XFIT classes are an extra charge of \$5 per class and free for Wellness Members*

Timetable subject to change with Events and Bookings

Things You Should Know

1. Classes are first-in, first-served. Collect your class pass at the reception desk and give it to your instructor at the start of the class.
2. Please notify the instructor prior to the commencement of the class if you have any injuries or health concerns.
3. You will not be permitted into the class if you arrive more than **5 minutes** after the class start time. This is for your safety and to ensure you have completed the necessary class warm up.
4. Closed in shoes must be worn at all times for all gym classes and exercise classes (excludes pilates and yoga).
5. Please bring a towel.
6. Children under the age of 15 are not permitted into the class.
7. **The classes on this timetable are available to Fit & Well Corporate Health members only.**



***please note - XFIT classes are an extra charge of \$5 per class and free for Wellness Members**
*Class bookings required 24hrs in advance.

The USQ Works is proudly owned and operated by the USQ Student Guild



Our **LESMILLS** classes:



This non contact program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, and muay thai. Supported by driving music and powerful role model instructors, you punch, kick and kata your way through calories to superior fitness. Options available for low impact so all fitness levels welcome!



This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Dynamic instructors and powerful music motivate everyone toward their fitness goals - from the weekend athlete to the hard-core competitor!



The yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



CXWORX is the ultimate way to get a tight and toned core. Using dynamic moves and isolation exercises it improves your functional strength while leaving you looking good and feeling strong.
NB: this class is not suitable for women during pregnancy.

Our other classes:

Yoga/Pilates: A workout that builds strength without adding bulk, balances strength with flexibility, and achieves perfect harmony between mind and muscle.

Social Jogging: The Social Jogging group is just that - a social group who talk & chat as we jog. We are not competitive runners, just ordinary people who jog as a means to control weight. We help people complete programs like the common "Couch Potato to 5k".

Boxing: Utilises boxing gloves and pads and there is no physical contact between participants. Boxing conditions the total body and provides a great cardio workout, helps build muscle endurance and strength and increases agility and coordination.

Zumba: 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. 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. Add some Latin flavour and international zest into the mix and you've got a Zumba® class! So, get ready to "Join the Party™"!

XFIT: Core busting, power generating, muscle defining fun utilising suspension training, kettlebells, gymnastics and cardio vascular performance at a level to suit beginners to advanced!

Tai Chi: A low impact training session that strengthens the body and relaxes the mind. Suitable for all levels.



FIT & WELL TIMETABLE:

MAY 2012

USQ Corporate Health

You can participate in a class at a time that suits you.

Attend a variety of classes or combine it with a weights program.

The choice is yours.

Each type of class covers something different.

find us on



search for USQWorks

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www.usqworks.com.au