



# Fit & Well Timetable

## DECEMBER 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 7:00-9:00 AM Gym Session 12:00 PM ABT/Fitball 12:00-2:00 PM Volleyball 1:00 PM Yoga (Relaxation/Dynamic) 12:00-2:00 PM Gym Session	2 5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00-2:00 PM Gym Session 12:00 PM BODYBALANCE	3	4
5 6:00 AM Boxing 7:00-9:00 AM Gym Session 12:00-2:00 PM Gym Session 12:00 PM Yogalates 12:00 PM XFIT (Free in Nov)	6 7:00-9:00 AM Gym Session 12:00 PM BODYCOMBAT 1:00 PM Yoga 12:00-2:00 PM Gym Session	7 5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00-2:00 PM Gym Session 12:00 PM BODYPUMP	8 7:00-9:00 AM Gym Session 12:00 PM ABT/Fitball 12:00-2:00 PM Volleyball 1:00 PM Yoga (Relaxation/Dynamic) 12:00-2:00 PM Gym Session	9 5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00-2:00 PM Gym Session 12:00 PM BODYBALANCE	10	11
12 6:00 AM Boxing 7:00-9:00 AM Gym Session 12:00-2:00 PM Gym Session 12:00 PM Yogalates 12:00 PM XFIT (Free in Nov)	13 7:00-9:00 AM Gym Session 12:00 PM BODYCOMBAT 1:00 PM Yoga 12:00-2:00 PM Gym Session	14 5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00-2:00 PM Gym Session 12:00 PM BODYPUMP	15 7:00-9:00 AM Gym Session 12:00 PM ABT/Fitball 1:00 PM Yoga (Relaxation/Dynamic) 12:00-2:00 PM Gym Session	16 5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00-2:00 PM Gym Session 12:00 PM BODYBALANCE	17	18
19 6:00 AM Boxing 7:00-9:00 AM Gym Session 12:00-2:00 PM Gym Session 12:00 PM Yoga (Relaxation) 12:00 PM XFIT (Free in Nov)	20 7:00-9:00 AM Gym Session 12:00 PM BODYCOMBAT 1:00 PM Yoga 12:00-2:00 PM Gym Session	21 5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00-2:00 PM Gym Session 12:00 PM BODYPUMP	22 7:00-9:00 AM Gym Session 12:00 PM ABT/Fitball 1:00 PM Yoga (Relaxation/Dynamic) 12:00-2:00 PM Gym Session	23 5:45 AM Social Jogging 7:00-9:00 AM Gym Session 12:00-2:00 PM Gym Session 12:00 PM BODYBALANCE	24	25 <b>CENTRE CLOSED CHRISTMAS DAY MERRY CHRISTMAS FROM ALL OF OUR STAFF</b>
26 <b>CENTRE CLOSED BOXING DAY</b>	27 <b>CENTRE CLOSED BOXING DAY PUBLIC HOLIDAY</b>	28 7:00-9:00 AM Gym Session	29 7:00-9:00 AM Gym Session	30 7:00-9:00 AM Gym Session	31	



Timetable subject to change with Events and Bookings  
 The USQ Works Gym Staff Operating Hours  
 Monday - Friday 5.30am - 8.30pm Saturday and Sunday 9.00am - 4.00pm

HOLIDAY HOUR CHANGES:  
**Wednesday 28th - Friday 30th** 6:00am - 10:00am & 4:00pm - 7:00pm

## 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 (excluding pilates and yoga)
5. Please bring a towel.
6. Children under the age of 15 are not permitted into the class.
7. These classes are available to Fit & Well Corporate Health members only.



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!



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.



BODYCOMBAT® combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo into an hour-long energetic routine.



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

### BOXING

This fitness class has something for everyone. In pairs, you use boxing gloves and focus pads to jab, cross and duck your way to fitness. Punching combines with other dynamic exercises to create an unreal workout. Come and try it today!

### SUPERVISED GYM

Need some new ideas in the gym? Want to make sure your technique is spot on? Come along during our supervised gym sessions and have a chat to one of our qualified gym instructors regarding your exercise program.



## Timetable December 2011

[ USQ Corporate Health ]

You participate in a class when it suits you.  
Combine it with a weights program or just attend a variety of classes.  
The choice is yours.  
Each class covers something different.



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



USQ Clive Berghofer Recreation Centre

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