



# Fit & Well Timetable

## March 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Box Till U Drop 7:00-9:00am Gym Session  12:00-2:00pm Gym Session 1:00-2:00pm Supervised Gym 12:00pm Pilates	7:00-9:00am Gym Session 7:30-8:30am Supervised Gym  12:00pm Body Combat 1:00pm Yoga  2:00-4:00pm Gym Session	5:30am Social Jogging 6:00am Body Attack 7:00-9:00am Gym Session  12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym 12:00pm Body Pump	7:00-9:00am Gym Session 7:30-8:30am Supervised Gym  12:00pm ABT/Fitball 12:00pm-2:00pm Volleyball  2:00-4:00pm Gym Session	5:30am Social Jogging 6:00am Body Pump 7:00-9:00am Gym Session  12:00pm Body Balance 12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym		
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**Opening Hours: Monday - Friday 5:30 am - 9:00 pm.  
 Saturday/ Sunday 7:00-11am and 3pm-6pm**

## 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!

### BOX TILL U DROP

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 exercise 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 (March)

[ 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

**Baker Street, Toowoomba**

**Ph: 07 4631 1588**

**[www.usqworks.com.au](http://www.usqworks.com.au)**

