



Fit & Well Timetable

July 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<p>7:00-9:00am Gym Session 7:30-8:30am Supervised Gym</p> <p>12:00pm ABT/Fitball 12:00pm-2:00pm Volleyball</p> <p>2:00-4:00pm Gym Session</p>	<p>6:00am Social Jogging 6:00am Body Pump 7:00-9:00am Gym Session</p> <p>12:00pm Body Balance 12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym</p>		
<p>6:00am Box Till U Drop 7:00-9:00am Gym Session</p> <p>12:00-2:00pm Gym Session 1:00-2:00pm Supervised Gym 12:00pm Yogalates</p>	<p>7:00-9:00am Gym Session 7:30-8:30am Supervised Gym</p> <p>12:00pm Body Combat</p> <p>2:00-4:00pm Gym Session</p>	<p>6:00am Social Jogging 6:00am Body Attack 7:00-9:00am Gym Session</p> <p>12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym 12:00pm Body Pump</p>	<p>7:00-9:00am Gym Session 7:30-8:30am Supervised Gym</p> <p>12:00pm ABT/Fitball 12:00pm-2:00pm Volleyball</p> <p>2:00-4:00pm Gym Session</p>	<p>6:00am Social Jogging 6:00am Body Pump 7:00-9:00am Gym Session</p> <p>12:00pm Body Balance 12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym</p>		
<p>6:00am Box Till U Drop 7:00-9:00am Gym Session</p> <p>12:00-2:00pm Gym Session 1:00-2:00pm Supervised Gym 12:00pm Yogalates</p>	<p>7:00-9:00am Gym Session 7:30-8:30am Supervised Gym</p> <p>12:00pm Body Combat</p> <p>2:00-4:00pm Gym Session</p>	<p>6:00am Social Jogging 6:00am Body Attack 7:00-9:00am Gym Session</p> <p>12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym 12:00pm Body Pump</p>	<p>7:00-9:00am Gym Session 7:30-8:30am Supervised Gym</p> <p>12:00pm ABT/Fitball 12:00pm-2:00pm Volleyball</p> <p>2:00-4:00pm Gym Session</p>	<p>6:00am Social Jogging 6:00am Body Pump 7:00-9:00am Gym Session</p> <p>12:00pm Body Balance 12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym</p>		
<p>6:00am Box Till U Drop 7:00-9:00am Gym Session</p> <p>12:00-2:00pm Gym Session 1:00-2:00pm Supervised Gym 12:00pm Yogalates</p>	<p>7:00-9:00am Gym Session 7:30-8:30am Supervised Gym</p> <p>12:00pm Body Combat</p> <p>2:00-4:00pm Gym Session</p>	<p>6:00am Social Jogging 6:00am Body Attack 7:00-9:00am Gym Session</p> <p>12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym 12:00pm Body Pump</p>	<p>7:00-9:00am Gym Session 7:30-8:30am Supervised Gym</p> <p>12:00pm ABT/Fitball 12:00pm-2:00pm Volleyball</p> <p>2:00-4:00pm Gym Session</p>	<p>6:00am Social Jogging 6:00am Body Pump 7:00-9:00am Gym Session</p> <p>12:00pm Body Balance 12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym</p>		
<p>6:00am Box Till U Drop 7:00-9:00am Gym Session</p> <p>12:00-2:00pm Gym Session 1:00-2:00pm Supervised Gym 12:00pm Yogalates</p>	<p>7:00-9:00am Gym Session 7:30-8:30am Supervised Gym</p> <p>12:00pm Body Combat</p> <p>2:00-4:00pm Gym Session</p>	<p>6:00am Social Jogging 6:00am Body Attack 7:00-9:00am Gym Session</p> <p>12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym 12:00pm Body Pump</p>	<p>7:00-9:00am Gym Session 7:30-8:30am Supervised Gym</p> <p>12:00pm ABT/Fitball 12:00pm-2:00pm Volleyball</p> <p>2:00-4:00pm Gym Session</p>	<p>6:00am Social Jogging 6:00am Body Pump 7:00-9:00am Gym Session</p> <p>12:00pm Body Balance 12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym</p>		
<p>6:00am Box Till U Drop 7:00-9:00am Gym Session</p> <p>12:00-2:00pm Gym Session 1:00-2:00pm Supervised Gym 12:00pm Yogalates</p>	<p>7:00-9:00am Gym Session 7:30-8:30am Supervised Gym</p> <p>12:00pm Body Combat</p> <p>2:00-4:00pm Gym Session</p>	<p>6:00am Social Jogging 6:00am Body Attack 7:00-9:00am Gym Session</p> <p>12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym 12:00pm Body Pump</p>	<p>7:00-9:00am Gym Session 7:30-8:30am Supervised Gym</p> <p>12:00pm ABT/Fitball 12:00pm-2:00pm Volleyball</p> <p>2:00-4:00pm Gym Session</p>	<p>6:00am Social Jogging 6:00am Body Pump 7:00-9:00am Gym Session</p> <p>12:00pm Body Balance 12:00-2:00pm Gym Session 12:30-1:30pm Supervised Gym</p>		

Opening Hours: Monday - Friday 5:30 am - 9 pm
Saturday 7am - 5pm Sunday: 9am - 5pm

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.



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



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!

YOGALATES An exciting fitness routine that combines Pilates exercises with the postures and breathing techniques of yoga. Great for all over body strength, with focus on the core muscle groups, but not forgetting the importance of stretch and relaxation.



Timetable (July)

[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.

USQ Clive Berghofer Recreation Centre

Baker Street, Toowoomba

Ph: 07 4631 1588

www.usqworks.com.au

