

# SPECIAL PROGRAMS Timetable

July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:40am Mall Walking 1 10:15 Healthy Steps 10:15am Vital Circuit	2 9:15am Baby Time (Power Pram) 10:15am Vital Stretch	3	4
5 8:00am-11am Vital Gym * instructor on 10-11am	6 6:40am Mall Walking 8:00am-11am Vital Gym * instructor on 10-11am 10:15 Healthy Steps  6:30pm Sports Ability	7 9:15am Baby Time (Power Pram) 10:15am Vital Fitball	8 6:40am Mall Walking  10:15 Healthy Steps 10:15am Vital Circuit	9 9:15am Baby Time (Power Pram) 10:15am Vital Stretch	10	11
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**Opening Hours: Monday - Friday 5:30 am - 9:00 pm**  
**Saturday/ Sunday 7:30-11am 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.
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 during the class.
5. Please bring a towel.
6. Children under the age of 15 are not permitted into the class.
7. Crèche service available  
Monday - Friday, 8:45 am - 1pm  
(Tuesdays and Thursdays till 2.30pm)  
\$2.50 / child per hour.

### Casual Class Rates

Works Vital / Healthy Steps / Baby Time  
and Sports Ability:  
\$5.00 per class.

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



### *Vital* USQ WORKS Healthy Living and Active Aging

\* Doctors  
clearance may  
be required

The Works Vital Healthy Living & Active Ageing Programs provide a variety of exercise classes for the '50+' age group.

- Exercise for ages 50 - 100
  - Fully supervised by qualified instructors
  - Supportive social atmosphere
  - Maintain healthy weight
  - Increase fitness, strength and flexibility
- Enquire today about ageing smarter!

### *Healthy Steps* USQ WORKS

**Gentle  
Exercise  
for people  
with Special  
Conditions**

\* Doctors  
clearance  
required

Healthy Steps is designed to suit a variety of special health conditions with sessions supervised by trained USQ Works coaches to ensure your safety, and to help you achieve the best possible results.

Ideal for conditions including:

- Multiple Sclerosis
- Cardiac/Pulmonary Disease
- Diabetes
- Chronic Fatigue
- Physical or Mental Impairment



**Interactive  
Exercise for Mums  
(or Dads) and  
their Newborn  
Babies**

The benefits of Baby Time include:

Power Pram class:

- regain fitness and maximise overall body strength
- develop muscles you need after having a new baby
- interact in a fun, positive way with your baby
- help your baby develop important life skills

Baby Time is fully supervised by a qualified fitness professional and classes are 1 hour in duration.

Sports Ability- a program for people of all abilities. Specifically designed by the Australian Sports Commission to promote inclusiveness for people with disabilities, the sports ability program is great fun. All games are wheelchair accessible and sessions are run by a USQ Works instructor.



## SPECIAL PROGRAMS July 2010

Special programs classes are the ideal way to -

- Improve Fitness
- Increase Strength
- Assist Coordination
- Increases Flexibility
- Get back into exercise
- Rehabilitation

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

Attend a variety of classes or combine it with a weights programs

USQ Clive Berghofer Recreation Centre

**Baker Street, Toowoomba**

**Ph: 07 4631 1588**

**www.usqworks.com.au**

