

program schedule

UNIVERSITY



commences Monday 7 May 2012

All participants must utilise sweat towels for all workouts. NUsport reserves the right to cancel and/or remove classes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
group fitness & aquatic zone							
6.15AM 45 MIN	BODY ATTACK Larissa	RPM Tony (50min)	BODY PUMP Helen (55 min)	FIT BOX Shane	BODY ATTACK Kristy		
7.00AM 45 MIN	SWIM FIT (75min)	AQUA CIRCUIT Lynne	SWIM FIT (75min)	SWIM FIT (75min)	AQUA TBW Chris	SWIM FIT (75min)	
7.00AM 55 MIN	BODY PUMP Cassie	Studio 2 BODY BALANCE Jenn	RPM Kristy (50min)	Studio 2 BODY BALANCE Kristy	BODY PUMP Kristy	7.30AM BODY BALANCE Jenn	
8.30AM 45 MIN						BODY ATTACK Danielle	
9.10AM 45 MIN						9.15AM AQUA TBW Chris	
9.15AM 55 MIN	SCULPT Kathryn	TBW Kathryn	ULTIMATE CONDITIONING Carol	SCULPT Kathryn	TBW Carol	BODY PUMP Tracy	BODY PUMP Malcolm
10.00AM 55 MIN	AQUA TBW Tristan (45min)		AQUA TBW Lynne		AQUA TBW Tristan		
12.15PM 55 MIN	RPM Tristan (50 min)	BODY PUMP Kate	RPM Tristan (50min)	BODY PUMP Tony	BODY BALANCE Kate		
4.00PM 50 MIN							RPM Kate and Bonz
4.30PM 45 MIN	STEP Kristy	BODY ATTACK Danielle (55min)	ULTIMATE CONDITIONING Roxana (55min)	TBW Kristy	BODY PUMP Tony (55min)		
4.45PM 45 MIN		Studio 2 GETTING STARTED Roxana (25min)					5.00PM BODY PUMP Kate (55min)
5.15PM 15 MIN	CRUNCH Danielle	Studio 2 TBW Roxana (45min)	Studio 2 SCULPT Danielle (55min)	CRUNCH Kristy			
5.30PM 55 MIN	BODY PUMP Danielle (45min)	BODY PUMP Malcolm	BODY ATTACK Tracy (45min)	Studio 2 ZUMBA Sarah	BODY PUMP	BODY ATTACK Helen	
5.30PM 50 MIN	RPM MAX Shane (55min)	RPM Tony	RPM Cameron	RPM Danielle	RPM Shane		
6.00PM 75 MIN	SWIM FIT	Studio 2 ZUMBA Elisha (55min)	SWIM FIT				Studio 2 BODY BALANCE Chris/Jenn (55min)
6.15PM 55 MIN	BODY ATTACK Katie		BODY PUMP Gerard				
6.30PM 55 MIN		BODY BALANCE Malcolm	Studio 2 BODY BALANCE Kate	BODY BALANCE Karen	BODY BALANCE Jenn		
6.30PM 50 MIN	AQUA CIRCUIT Lynne		AQUA CIRCUIT Lynne/Colette				
7.15PM 55 MIN	Studio 2 BODY BALANCE Kate						

key: Studio 1 Studio 2 Cycle zone: Tokens can be collected from Reception 20 min prior to class. Beginners are encouraged to arrive 10 min early for assistance with bike set up. Limited bikes available. Aquatic Zone: Aqua classes are conducted in The Forum's 50m indoor pool.

class descriptions

The Forum Sports & Aquatic Centre

The University of Newcastle, University Drive, Callaghan

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WHERE DO I START?		WORKOUT GUIDE 1 = least demanding 5 = most demanding
GETTING STARTED	A customised session to learn the basic exercises used in The Forum's Group Fitness classes, including TBW, ULTIMATE CONDITIONING, STEP and BODYPUMP classes.	1 - 2
MIND & BODY	Take time out for you, slow down the pace of daily life, reduce your risk of injury, relieve stress and feel great.	
BODYBALANCE®	Incorporating elements of Yoga, Tai Chi and Pilates. BODYBALANCE® is a fabulous mind/body class useful for increasing strength and flexibility, improving coordination and balance, and giving an overall sense of wellbeing. Your class ends with some meditation and relaxation.	2 - 4
CARDIO	Do your heart a favour. Increase cardiovascular health and train your body to burn fat more efficiently.	
BODYATTACK®	Simple, Athletic, Electric! BODYATTACK® is a cardiovascular interval training program combining high intensity aerobics, strength and stabilisation exercises. A HUGE energy consumer.	4 - 5
FIT BOX	This Functional Interval Training (FIT BOX) class gives you an "all in one" workout, incorporating circuit training, boxing fitness and strength exercises. Equipment such as medicine balls, skipping ropes and stability tools may be used during this unique workout.	3 - 5
RPM®	RPM® is an indoor cycling program for developing cardiovascular capacity. RPM® is a favourite for those wanting to reduce body fat. No coordination necessary! So ride the 'calorie killer'!	3 - 5
RPM MAX®	This RPM® class has two additional tracks, lifting the session intensity. A sure bet to enhance your spin endurance!	4 - 5
STEP	This results oriented session offers a combination of fun, fitness and flare to vary your exercise regime. Step is sure to challenge your mind with groovy step combinations: it's a designer delight for butts & thighs! Uses a platform with adjustable levels to cater for you.	3 - 4
TBW (Total Body Workout)	Work the lot in The Forum's signature session! TBW contains simple low impact moves with athletic options and basic muscle conditioning to give you a 'cross training' effect. An accessible session targeting weight loss and overall muscle conditioning. The class may include a short simple step component.*	3 - 4
ULTIMATE CONDITIONING	Your muscular strength and endurance will improve when combined with cardio movement. A great overall workout that feels like you're training one-on-one with a personal trainer. Great for all fitness levels.	3 - 4
ZUMBA®	Zumba® Latin Dance-Fitness fuses hypnotic rhythms and easy to follow moves to create a dynamic fitness party that will blow you away. Zumba® fanatics achieve long term health benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, body-energizing movements meant to engage and captivate for life!	3 - 4
SCULPT, STRENGTH & CORE STABILITY	Lose fat, gain muscle, boost metabolism and increase your bone density.	
BODYPUMP®	BODYPUMP® is a 45-60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. BODYPUMP® is proven to be the 'world's fastest way to get in shape'. BODYPUMP® is for everyone.	2 - 4
CRUNCH	Tighter, firmer, stronger abs! A specialised tummy workout in just 15 minutes.	2 - 3
SCULPT	Functional training at it's best! Engage maximum muscle groups for faster, effective results. This class may include body weighted exercises, barbells and stability drills.	3 - 5
WATER - H2O	Held in The Forum Pool, water based activities are a terrific tool for improving fitness with minimal pressure on joints.	
AQUA CIRCUIT	Combining intervals of cardio and muscle conditioning for maximum calorie burning, this pool based workout will give you great results. This class may include water running and athletic drills in both shallow and deep water for added intensity.	3 - 4
AQUA TBW	This is a workout like no other. Use water resistance in a simple, athletic workout to define muscles and improve fitness. Conducted in deep water for maximum results, you can work at your chosen pace, increasing intensity simply by pushing harder against the natural resistance of the water.	3 - 4
SWIM FIT	A program for fitness swimmers, competitive masters, surf competitors and triathletes. This non impact workout redefines water based activity.	3 - 5

Opening Hours Weekdays 6.00 am – 10.00 pm
Weekends 7.00 am – 9.00 pm
Hours will vary on public holidays

Childminding Hours Monday - Wednesday 9.00 am – 1.30 pm
Thursday - Friday 9.00 am - 12.00 pm
Tuesday & Thursday 4.15 pm – 6.30 pm
Saturday 8.00 am - 11.30 am

* This is a guide only and may vary for individual participants