



THE UNIVERSITY OF  
**NEWCASTLE**  
AUSTRALIA

**NUSPORT**  
AT THE FORUM

## FAQ's Harbourside improved layout

### WHAT IS HAPPENING AT THE FORUM HARBOURSIDE?

Over the coming weeks, members will notice a few changes on the gym floor at Harbourside. We will be installing some new equipment and moving on some older pieces. We are improving the gym floor layout to allow for better traffic flow and physical distancing and creating new training circuits.

### WHAT WILL LOOK DIFFERENT?

Members will notice that a few pieces of cardio and pin loaded equipment have been removed to allow for an improved layout of the gym floor. Pieces of equipment have been moved to allow for greater physical distancing, particularly in peak periods. New equipment will be installed in line with member feedback including an additional power rack and a V Squat machine.

### WILL THERE BE NEW EQUIPMENT?

Yes, we are excited to give make to our Harbourside members and install new equipment that our members have been asking for including:

·power rack

- v squat machine
- seated leg press
- kettlebells
- plyo boxes

### WHAT CHANGES WILL YOU NOTICE?

- lower body workout circuit
- new equipment with an additional power rack
- more floor space and improved layout of equipment.

### WILL MY EXERCISE ROUTINE BE IMPACTED?

Members may notice a slight change in their normal exercise routine. With the removal of some pieces of equipment, members will be shown alternative options with the remaining pieces of equipment. NUsport staff will be actively engaging with members to show alternative options to complete the same exercises.

### WHEN WILL WORK ON THE GYM FLOOR TAKE PLACE?

Works are currently underway. The improvements to the gym floor and the arrival of new equipment are expected to be completed in May 2022.