



CQUNI COMMUNITY SPORTS CENTRE

GROUP FITNESS SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY |
|-------------------|-----------------------------------|----------------------|----------------------|----------------------|-----------------------------------|------------------|------------------|
| 5:30am – 6:15am | SUPERSWEAT | TABATA | CORDIO | X2F | ABTWORX | | |
| 6:30am – 7:00am | CORDIO | ABTWORX | TABATA | SUPERSWEAT | X2F | | |
| 7:00am – 7:45am | | | YOGA | | | | |
| 8:30am – 9:30am | SENIOR CORDIO & BALANCE (Max. 18) | SENIOR FIT (Max. 30) | SENIOR FIT (Max. 30) | SENIOR FIT (Max. 30) | SENIOR CORDIO & BALANCE (Max. 18) | | |
| 9:40am – 10:40am | | | | SENIOR FIT (Max. 30) | | 9:00am – 10:30am | YOGA & BREATHING |
| | | | | | | | |
| 12:15pm – 12:45pm | X2F | CORDIO | ABTWORX | TABATA | SUPERSWEAT | | |
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| | | | | | | | |
| 5:30pm – 6:15pm | ABTWORX | SUPERSWEAT | BOOTCAMP | CORDIO | TABATA | | |

* Bookings required for all classes via CQUniMoves App

GROUP FITNESS DESCRIPTION

ABTWORX: Combination of strengthening and toning exercises that emphasise on the areas of the legs, bum and abdominals.

BOOTCAMP: Outdoor adventure combining drill-like exercises, cardio feats and teamwork.

BOXFIT: Combination of boxing drills, bodyweight and circuit exercises for a stress free workout.

QUEENAX CORDIO: The 50/50 workout! Challenge your core in a three dimensional way. This easy and enjoyable class brings our favourites core and cardio together to increase your fitness and strength levels all while enjoying the challenge of what the Queenax has to offer.

QUEENAX SUPERSWEAT: Train your body like nothing it has ever felt before. In Supersweat, you could be climbing, swinging or utilising one of the queenax apps to increase the sweat and burn the calories.

QUEENAX TABATA: 20:10 HIIT the workout for the busy person. High intensity interval training offers a calories explosive workout where you will enjoy 20 seconds of work and 10 seconds of rest. Specially designed for everyone, using your body, weights and our QUEENAX.

SENIOR FIT: A low impact, but challenging aerobic-based fitness class, utilising free weights, fit-balls, steps and more! Capped at 30 people.

SENIOR CORDIO & BALANCE: A combination of cardiorespiratory, balance and core exercises designed to maintain good quality of life and improve stability and control. Capped at 18 people, must book in advance.

X2F: Functional fitness class, which will challenge you in all aspects of training

YOGA: A gentle stretch to de-stress the body and mind whilst increasing flexibility, balance and coordination. Optional: 30 minutes of relaxation meditation

PLEASE NOTE: Classes are designed for ALL fitness levels for the very beginner to the seasoned athlete. Please wear enclosed footwear and comfortable clothing.

CONTACT US:

For more information please contact the Sports Centre on:

Gym reception: (07) 4923 2159

Email: sportscentre@cqu.edu.au

f @CQUni Gym

ig @cquni_gym

GYM OPENING TIMES:

Monday – Friday: 5:00am – 6:30pm

Saturday – Sunday: 8am – 12noon

POOL OPENING TIMES:

Monday – Friday: 9:00am – 11:00am



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