# GROUP FITNESS SCHEDULE

CQUni Sports Centre: Directorate Facilities Management

**Gym reception:** (07) 4923 2159  
**Email:** sportscentre@cqu.edu.au

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>TIME</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>5:30am-6:15am</td>
<td>Queensax Program</td>
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<td>Queensax Program</td>
<td>X2F</td>
<td>BOX FIT</td>
<td>9:00am-10:30am</td>
<td>YOGA &amp; BREATHING</td>
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<td>7:00am-7:45am</td>
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<td>9:00am-10:30am</td>
<td>YOGA &amp; BREATHING</td>
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<td>8:30am-9:30am</td>
<td>SENIOR STRENGTH (Max. 20)</td>
<td>SENIOR FIT</td>
<td>SENIOR CORDIO &amp; BALANCE (Max. 10)</td>
<td>SENIOR FIT</td>
<td>SENIOR STRENGTH (Max. 20)</td>
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<td>9:30am-10:30am</td>
<td>SENIOR CORDIO &amp; BALANCE (Max. 10)</td>
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<td>12:15pm-12:45pm</td>
<td>X2F</td>
<td>ABTWORX</td>
<td>CORDIO</td>
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<td>1:00pm-1:30pm</td>
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<tr>
<td>5:30pm-6:15pm</td>
<td>BOX FIT</td>
<td>BOOTCAMP</td>
<td>Queensax Program Program Program Program</td>
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▲ Additional fee apply for these classes

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**PERSONAL TRAINING AND GROUP TRAINING**

Do you lack motivation to train and would love someone to keep you accountable?

Book in with one of our qualified personal trainers today!

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**GYM/POOL OPENING TIMES:**

- **Monday – Friday:** 5am – 8pm
- **Saturday:** 8am – 1pm
- **Sunday:** 2pm – 5pm

⚠️ **Pool** closes 30 minutes prior to gym closing time

**Thursday:** pool closes at 5pm to public

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**SOCIAL SPORTS**

- Five week blocks of sports
- CQU Rockhampton campus
- $10 per sport per person.

Speak to a staff member and find out what sports are on offer!
GROUP FITNESS DESCRIPTION

ABTWORX: Combination of strengthen 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.

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

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.

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

SENIOR FIT: A low impact, but challenging aerobic-based fitness class, utilising free weights, fit-balls, steps and more! Capped at 45 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 10 people.

SENIOR STRENGTH: Develop strength while using our weight machine in a controlled class with one of our qualified personal trainers. Capped at 20 people

BEGINNER CIRCUIT: A great way to get to know our gym in a 6-week program where a qualified trainer will take you through each movement. Gym members: Additional $10 admin fee. Non-gym members: $55 for 6-week program. Capped at 10 people and please check commencement dates and times with gym reception.

CQU uni Social Sport: Social sports is a 5-week sports program. Join the sports can include: Basketball, soccer, baseball and much more. This program has a $10.00 admin fee and is open to CQU uni Staff, Students, and gym members. Please see reception for availability and what sports are on offer.

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:
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Email: sportscentre@cqu.edu.au

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