



# CQUNI COMMUNITY SPORTS CENTRE

## GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
5:30am – 6:15am	SUPERSWEAT	TABATA	ABTWORX	X2F	BOXFIT		
6:30am – 7:00am	TABATA	BOXFIT	CORDIO	ABTWORX	SUPERSWEAT	6:30am – 7:15am	BOOTCAMP
7:00am – 7:45am			YOGA				
7:30am – 8:15am	SENIOR STEP (Max. 12)	SENIOR STRENGTH (Max. 16)	SENIOR STRENGTH (Max. 16)	SENIOR STRENGTH (Max. 16)		7:30 am – 8:15am	BOOTCAMP
8:30am – 9:30am	SENIOR STRENGTH (Max. 16)	SENIOR FIT (Max. 30)	SENIOR CORDIO & BALANCE (Max. 18)	SENIOR FIT (Max. 30)	SENIOR CORDIO & BALANCE (Max. 18)		
						9:00am – 10:30am	YOGA & BREATHING
12:15pm – 12:45pm	X2F	CORDIO	ABTWORX	TABATA	FREAKY FRIDAY		
1:00pm – 1:30pm	BEGINNER CIRCUIT		BEGINNER CIRCUIT				
5:00pm – 5:30pm	BOXFIT		X2F				
5:30pm – 6:15pm	ABTWORX	SUPERSWEAT	TABATA	CORDIO	FREAKY FRIDAY		

\* Bookings required for all classes. See staff for more information

# GROUP FITNESS DESCRIPTION

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

**ADVANCED YOGA:** Looking to take Yoga to the next level or try more advanced flows? This lesson will be more athletic and will move through a faster pace to advance your flexibility, balance, and coordination.

**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: Free of charge. Non-gym members: \$50 for 6-week program.

**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.

**FREAKY FRIDAY:** Challenge the unknown, this class will be a mystery to all except the trainer! Trainers will have complete creative freedom to run a class with no set description. This is your chance to try something new & expand your fitness boundaries.

**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.

**SENIOR FIT:** A low impact, but challenging aerobic-based fitness class, utilising free weights, fit-balls, steps and more! Capped at 40 people.

**SENIOR STEP:** Step to the beat of the music with a choreographed aerobics class, a fun way to enjoy fitness. Capped at 12 people.

**SENIOR STRENGTH:** Develop strength while using our weight machine in a controlled class with one of our qualified trainers. Capped at 16 people.

**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.

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

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

## CONTACT US:

For more information please contact the Sports Centre on:

**Gym reception:** (07) 4923 2159

**Email:** [sportscentre@cqu.edu.au](mailto:sportscentre@cqu.edu.au)

 @CQUni Gym

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## GYM OPENING TIMES:

**Monday – Friday:** 5:00am – 8:00pm

**Saturday:** 8am – 12noon

**Sunday:** Closed



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