



CQUNI COMMUNITY SPORTS CENTRE

GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
5:30am – 6:15am	Ueenax Functional Fitness by Precor SUPERSWEAT	Ueenax Functional Fitness by Precor TABATA	ABTWORX	X2F	BOXFIT		
6:30am – 7:00am	Ueenax Functional Fitness by Precor TABATA	Ueenax Functional Fitness by Precor CORDIO	BOXFIT	ABTWORX	Ueenax Functional Fitness by Precor SUPERSWEAT		
7:00am – 7:45am	STRETCH & FLEX		YOGA				
7:30am – 8:15am		SENIOR STRENGTH (Max. 16)		SENIOR STRENGTH (Max. 16)			
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	Ueenax Functional Fitness by Precor CORDIO	ABTWORX	Ueenax Functional Fitness by Precor TABATA	STRETCH & FLEX		
1:00pm – 1:30pm	BEGINNER CIRCUIT		BEGINNER CIRCUIT				
5:00pm – 5:30pm	BOXFIT						
5:30pm – 6:15pm	ABTWORX	Ueenax Functional Fitness by Precor SUPERSWEAT	X2F	Ueenax Functional Fitness by Precor CORDIO	Ueenax Functional Fitness by Precor 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.

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.

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

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.

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

STRETCH & FLEX: Mobility-based session aimed to improve muscle flexibility & joint range of motion. Stretching will aid in flexibility, recovery & assist with injury prevention.

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.

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

 @CQUni Gym

 @cquni_gym

GYM OPENING TIMES:

Monday – Friday: 5:00am – 8:00pm

Saturday: 8am – 12noon

Sunday: Closed

POOL OPENING TIMES:

Monday – Friday: Check CQUniMoves for availability



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