## GROUP FITNESS SCHEDULE

### CQUni Sports Centre: Directorate Facilities Management

<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>
</tr>
</thead>
<tbody>
<tr>
<td>5:30am-6:15am</td>
<td>SUPERSWEAT</td>
<td>TABATA</td>
<td>CORDIO</td>
<td>X2F</td>
<td>BOX FIT</td>
<td>8:00am – 9:00am</td>
<td>SWIMFIT</td>
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<tr>
<td>7:00am-7:45am</td>
<td>YOGA</td>
<td>YOGA</td>
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<td></td>
<td>9:00am – 10:30am</td>
<td>YOGA &amp; BREATHING</td>
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<tr>
<td>8:00am – 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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<tr>
<td>8:30am - 9:30am</td>
<td>SENIOR FIT</td>
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<td>8:00am – 9:00am</td>
<td>SWIMFIT</td>
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<tr>
<td>9:30am – 10:30am</td>
<td>SENIOR CORDIO &amp; BALANCE (Max. 10)</td>
<td>SENIOR STRENGTH (Max. 20)</td>
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<td></td>
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<td>9:00am – 10:30am</td>
<td>YOGA &amp; BREATHING</td>
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<tr>
<td>12:15pm – 12:45pm</td>
<td>X2F</td>
<td>BOX FIT</td>
<td>BOX FIT</td>
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<tr>
<td>1:00pm – 1:30pm</td>
<td>Beginner circuit</td>
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<tr>
<td>5:30pm – 6:15pm</td>
<td>BOX FIT</td>
<td>BOOTCAMP</td>
<td>BOX FIT</td>
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<tr>
<td>6:30pm – 7:00pm</td>
<td></td>
<td>TRIGGER AND ROLL</td>
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**Desk Fit:** Corporate team sessions available
- Stretching
- Core activation
- Deep breathing
- Posture setting

Call 49232159 to arrange a time and a trainer!

**Gym/Pool Opening Times:**
- Monday – Friday: 5am – 8pm
- Saturday: 8am – 1pm
- Sunday: 2pm – 5pm

*** POOL CLOSES 30 min prior to gym closing time

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

Gym reception: 49232159
Email: sportscentre@cqu.edu.au

**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!
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 SUPER SWEAT: 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.
TRIGGER AND ROLL: Relax and release those unwanted knots to increase mobility and blood circulation, using a variety of foam roller and spiky ball techniques. Capped at 10 people.
YOGA: A gentle stretch to de-stress the body and mind whilst increasing flexibility, balance and coordination.
SENIOR STRENGTH: Develop strength while using our weight machine in a controlled class with one of our qualified personal trainers. Capped at 20 people
SWIMFIT: Catering for all levels of fitness, for those who want to improve their swimming socially or for performance. Members $5, Non-members $7.50
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 Desk Fit: For CQUni staff only. Book one of our amazing trainers for 20 minutes in your office space to take you through an easy to do session at your desk it can include: light stretches, core activation and posture setting. It is your choice! Call gym reception to organise. $35.00 per session.
CQUni Staff Sport: Staff sports is a 4-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 CQUni Staff members.
PLEASE NOTE: Classes are designed for ALL fitness levels for the very beginner to the seasoned athlete. Please wear enclosed footwear and comfortable clothing.

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