

CLASS DESCRIPTIONS

LES MILLS BODYPUMP EXPRESS

A barbell workout for anyone looking to get lean, toned & fit fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You'll leave the class feeling challenged & motivated, ready to come back for more! This full-body barbell workout will help burn calories, shape & tone your entire body & improve bone health.

HIIT

"High Intensity Interval Training" - A combination of strength and cardio exercises designed to engage your entire body. Exercises are performed in short bursts designed to increase heart-rate to burn maximum calories. The instructor will provide exercise options of various levels of intensity to suit all fitness levels.

PILATES

Matwork Pilates engages core muscles with the aim to give you the opportunity to improve flexibility & posture, increase core strength (including pelvic floor), lengthen muscles which in turn can help you stand taller, sit straighter & move with better balance, coordination & body awareness

YOGA

A simple Vinyasa flow for all levels of experience, designed to align body & mind. The teacher will guide you to move with your breath, helping you to strengthen & stretch muscles, mobilise & stabilise joints, improve balance & quieten the mind.

UNISA SPORT

PRIDHAM HALL

**GROUP
FITNESS**

TIMETABLE

UniSA City West campus

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**University of
South Australia**

PRIDHAM HALL GROUP FITNESS STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|---------------------------------------------------------------------------|--------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MORNING | | | | | |
| LUNCH | 1:15pm - 2:00pm Yoga Sarah N | 1:15pm - 2:00pm Pilates Kos L | 1:15pm - 2:00pm Yoga Emily Kate | | 1:15pm - 2:00pm LES MILLS BODYPUMP Express Alex W |
| | | | | | |
| EVENING | 5:15pm - 6:00pm LES MILLS BODYPUMP Express Justine M | 5:15pm-6:00pm HIIT Sara K | 5:15pm - 6:00pm LES MILLS BODYPUMP Express Roberta M | 5:15pm-6:00pm Yoga Juanita H | |
| | | | | | <p>REMINDERS:</p> <p>Please note, for safety reasons, participants will not be admitted into class if 2 or more minutes late.</p> <p>All participants must bring a towel with them to every class.</p> |