

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.

CORE30

A 30-minute core conditioning workout to strengthen & tone your mid-section to enhance core strength to benefit balance & posture. Exercises throughout this class target major and minor core muscles such as abdominal, glute & back muscles. Movements are controlled with various intensity levels available for all levels of fitness.

HIIT

"High Intensity Interval Training"

Combination of strength & cardio exercises designed to engage your entire body. A short workout which burns more calories in less time; Ideal for anyone who is time poor! Participating in this HIIT class will have you leaving fitter, stronger & in a great mood. Options are provided for 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 us 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

Pridham Hall
(enter from Hindley Street), Adelaide
T: 8302 0661
E: pridhamhall@unisa.edu.au

For more information:

Visit – unisasport.edu.au

Phone – 8302 0661

Email – unisasport@unisa.edu.au

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University of
South Australia

PRIDHAM HALL GROUP FITNESS STUDIO TIMETABLE

commencing 1 February 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					
LUNCH					12:30pm - 1:15pm LES MILLS BODY PUMP Express Alex W
	1:15pm - 2:00pm Yoga Millie B	1:15pm - 2:00pm Pilates Jayde D	1:15pm - 2:00pm Yoga Sarah C		1:20pm - 1:50pm Core30 Franzi E
EVENING	5:15pm - 6:00pm LES MILLS BODY PUMP Express Justine M	5:15pm-6:00pm HIIT Jayde D	5:15pm - 6:00pm LES MILLS BODY PUMP Express Roberta M	5:15pm-6:00pm Yoga Juanita H	
					REMINDERS: Please note, for safety reasons, participants will not be admitted into class if more than 2 minutes late. All participants must bring a towel with them to every class.