

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.

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

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University of
South Australia

PRIDHAM HALL GROUP FITNESS STUDIO TIMETABLE

commencing 12 July 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					
LUNCH	1:15pm - 2:00pm Yoga Millie B	1:15pm - 2:00pm Pilates TBC	1:15pm - 2:00pm* Yoga Sarah C *this class time will be changing to 12:30pm –1:15pm commencing 28/7/21	1:15pm - 1:45pm Core30 Franzi E	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 LES MILLS BODYPUMP Express Roberta M	5:15pm-6:00pm Yoga Juanita H	
				Please note class time change effective week commencing 26 July 2021	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.