

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 and 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 posture, increase core strength (including pelvic floor) and lengthen muscles which in turn can help you stand taller, sit straighter & move with better balance, coordination & body awareness.

YOGA

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 & flexibility, at the same time as you mindfully quieten the mind.



This Zumba workout fuses Latin American music and dance rhythms to create a party-like atmosphere in class sessions. Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning fun fitness dance party. Benefits can include: burns fat, tones and sculpts, builds core strength and improves stamina.

UNISA SPORT

PRIDHAM HALL

GROUP FITNESS

TIMETABLE

UniSA City West campus

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University of
South Australia

PRIDHAM HALL GROUP FITNESS STUDIO

SP5 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					
LUNCH	1:15pm - 2:00pm Yoga Emily Kate	1:15pm - 2:00pm Pilates Franzi/Jodie	1:15pm - 2:00pm Yoga Sarah N		1:30pm - 2:15pm  Meranie K
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	*NEW TIME* 5:30pm-6:15pm Yoga Josh J	SUMMER BREAK Group fitness classes will conclude on Friday 15 December and recommence on Monday 29 January 2024
					REMINDERS: Please note, for safety reasons, participants will not be admitted into class if 2 or more minutes late. All participants must bring a towel with them to every class.