

## 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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### For more information:

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University of  
South Australia

# PRIDHAM HALL GROUP FITNESS STUDIO

SP5 - 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					
LUNCH	1:15pm - 2:00pm <b>Yoga</b> Chelsea	1:15pm - 2:00pm <b>Pilates</b> Franzi	1:15pm - 2:00pm <b>Yoga</b> Sarah N		1:30pm - 2:15pm  Meranie K
					<p><b>*SUMMER BREAK*</b>  <b>GROUP FITNESS CLASSES</b>  <b>WILL CONCLUDE ON</b>  <b>15 DECEMBER 2024</b>  <b>&amp; RECOMMENCE</b>  <b>3 FEBRUARY 2025</b></p> <p>If you would like to suspend your membership for FREE during this period, please see the customer service staff to complete a suspension form.</p>
EVENING	5:30pm - 6:15pm <b>LES MILLS</b> <b>BODYPUMP</b> <b>Express</b> Justine M	5:15pm-6:00pm <b>HIIT</b> Sara K	5:15pm - 6:00pm <b>LES MILLS</b> <b>BODYPUMP</b> <b>Express</b> Roberta M	5:30pm-6:15pm <b>Yoga</b>	
					<p><b>REMINDERS:</b></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>