

SEMESTER 1

GROUP FITNESS TIMETABLE



TIME	MON	TUES	WED	THU	FRI	SAT
6.05 AM	BODY PUMP		BODY PUMP		BODY PUMP	
7.00 AM						
8.00 AM						YOGA (ON THE GRASS)
8.30 AM		SPIN		SPIN		BODY PUMP
9.00 AM	BODY PUMP				BODY PUMP	
9.30 AM						
12.30 PM	YOGA				PILATES	
1.30 PM			PILATES			
4.00PM		BODY PUMP		BODY PUMP		
5:45 PM	RPM	RPM	RPM	RPM		
6.00 PM	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA		
7.00 PM	YOGA		YOGA			

Timetable subject to change. View the latest group fitness timetable at sport.uwa.edu.au

GROUP FITNESS CLASSES



BODY PUMP is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives a total body workout. It can burn up to 540 calories.

Low to moderate fitness level | **60 mins**

POWER UP is guaranteed to get you sweating with a combination of cardio bursts, strength training and core exercises. Weekly exercise challenges will keep you on your toes and make sure you never get bored. Get amongst our energetic atmosphere and push your limits in a supportive environment. Challenge yourself to a complete workout!

Intermediate/Advanced fitness level | **45 mins**

PILATES concentrates on posture, balance, flexibility and core strength. Complimenting all fitness levels, this class is a game changer for your health and wellbeing. Regardless of your exercise habits, add this holistic class to your routine today to sculpt a new you. **ALL fitness levels | 60 mins**

RPM is a group indoor cycling workout where you control the intensity. It is fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. **Moderate to hard fitness level | 60 mins**

SPIN is a fast-paced cardio workout with pumping music. Based in the spin room, this class will raise your heart rate and lower your calories in just 30 minutes. Bring all your energy for this brand-new addition to our timetable. **ALL fitness levels | 30 mins**

YOGA is a body-mind discipline emphasising the enhancement of physical and mental well-being through posture work, breathing practices and meditation. Develop strength, flexibility, improved circulation and tone through the entire body.

Low to moderate fitness level | **60 mins**

ZUMBA Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. This exhilarating, effective, easy to follow, Latin-inspired, calorie burning dance fitness party is moving millions of people towards joy and health.

Low to moderate fitness level | **60 mins**

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with the UWA Gym App**

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