

Group Classes



Intensity: Low
Impact: Low



Intensity: Medium
Impact: Low-Med



Intensity: Low
Impact: Low



Intensity: Medium
Impact: Med-High



Intensity: Med-High
Impact: Low



Intensity: Medium
Impact: Med-High



Intensity: High
Impact: Med-High

Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Features simple but seriously hot dance moves! It is the perfect class to shape up and let out your inner star - even if dance isn't your natural thing, it is the ultimate fun and sociable way to exercise.

Original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscles groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!

BLAST OFF your workout with 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. Group Blast® will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

Indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

Sports inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises

30 minute workout that embraces the fundamentals of high-intensity interval training - the hottest trend on the planet!

The series includes three workouts encompassing STRENGTH, PLYO and CARDIO.

Freestyle Classes

Functional Fitness

Intensity: Low-Med
Impact: Low

Stretching & Flexibility

Intensity: Low
Impact: Low

Circuit

Intensity: Medium
Impact: Low-Med

Circuit Core

Intensity: Medium
Impact: Low



Intensity: Medium
Impact: Med-High

Tactical Fitness

Intensity: High
Impact: Med-High

Integrated program designed for the individual who wishes to maintain or improve strength, balance and flexibility. Our program is built from a foundation of load bearing activities, supplemented with low impact and proprioceptively enriched exercises. These exercises mirror basic human movement patterns and metabolic demands which the older adults face everyday.

is an important aspect of overall fitness. This class is designed to help individuals improve these components through dynamic and static stretching, joint mobility, self mobilization of soft tissue, and gentle joint distraction.

innovative functional training equipment, provide resistance training with aerobic conditioning to give you an efficient and effective workout in a short period of time. A circuit class involves individually rotating through a number of exercises stations led by our accredited instructors. Classes run for 45 minutes and are a great lunchtime or after uni work out!

Targeted core training in order to improve strength, flexibility and posture. Classes follow a traditional circuit style format however, they place greater emphasis on exercises aimed at increasing core stability, activation and control.

High intensity full body workout. Using traditional boxing techniques and fitness building exercises, participants work in pairs through a series of boxing combinations and strengthening exercises. All equipment is provided and you don't need to bring a partner. So come along and BOXFIT!

Unique training system designed to develop power, muscular strength and endurance, balance and metabolic conditioning. Kettle bells, ropes, sandbags, gymnastics rings and medicine balls are just a few of the tools used to implement this program which ultimately conditions the individual to meet the unexpected challenges that occur in sport and life.

GROUP FITNESS CLASSES

JAN 18th-31st 2016



Additional Classes

Functional Activ8

Intensity: Low
Impact: Low

YOGA

Intensity: Low
Impact: Low

PILATES

Intensity: Medium
Impact: Low

Gentle physical activity program suitable for the over 50's or anyone who hasn't done any exercise in a while. Exercise at your own pace with a combination of freestyle activities on Tuesday and gym work on Thursday. Classes incorporate basic human movements that replicate those used in everyday life. **PER CLASS \$5.00**

Suitable for novice and returning student's alike, ANU Sport's Yoga classes will take you through the fundamentals of Yoga, practise by a qualified yoga instructor.

ANU STUDENT \$5.00 ANU SPORT MEMBERS \$10.00
GENERAL PUBLIC \$15.00

10 PACK: ANU STUDENT \$45.00 ANU SPORT MEMBER \$90.00
GENERAL PUBLIC \$135.00

Lengthen and stretch all the major muscle groups in the body. Pilates improves flexibility, strength, balance and body awareness.

ANU STUDENT \$5.00 ANU SPORT MEMBERS \$10.00
GENERAL PUBLIC \$15.00

10 PACK: ANU STUDENT \$45.00 ANU SPORT MEMBER \$90.00 GENERAL PUBLIC \$135.00

Group Fitness FAQ's

KEY

Intensity: How vigorous the class is
Impact: The force or shock your body may experience

HOW DO I BOOK A CLASS?

Book a class via the self serve kiosk or at Customer Service Reception. It is compulsory to sign in before entering a class.

WHAT SHOULD I BRING?

Wear light comfortable clothing, enclosed shoes, bring a water bottle and towel.

IT'S MY FIRST CLASS, WHAT DO I DO?

Arrive 5-10 minutes early.
Introduce yourself to the instructor, train at your own pace and have fun.



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ANU SPORT GROUP FITNESS TIMETABLE JAN 18th-31st 2016

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY	
STUDIO 1		STUDIO 1		STUDIO 1		STUDIO 1		STUDIO 1	
6:30AM						9:00AM			
7:30AM						10:00AM			
12:15PM						11:00AM			
4:30PM						2:00PM			
5:30PM						3:00PM			
6:30PM						5:00PM			
INDOOR CYCLING STUDIO									
6:30AM						8:30AM			
7:30AM									
12:15PM						4:00PM			
5:30PM									
6:30PM									
FUNCTIONAL TRAINING STUDIO									
6:30AM	Functional Fitness		Functional Fitness		Functional Fitness				
7:30AM		Tactical Fitness		Tactical Fitness		9:30AM	Tactical Fitness	Tactical Fitness	
10:30AM		Functional Activ8		Functional Activ8 (GYM)					
12:30PM	Circuit		Circuit Core		Circuit	4:00PM	Female Tactical		
5:30PM		Circuit		Circuit Core					
6:30PM			Tactical Fitness						
LEVEL 3/DOJO									
7:00AM									
10:30AM									
12:30PM		Stretching & Flexibility (Dojo)		Stretching & Flexibility Intensive (Level 3)					
5:30PM	PILATES	YOGA (LEVEL 3)							
6:30PM			YOGA (LEVEL 3)						

ADDITIONAL CLASSES = These classes are available for a small additional fee. Please see overleaf or enquire at ANU Sport reception.