

GROUP EXERCISE TIMETABLE

SEMESTER 203 (FROM 21.09.20) THE SPORTS CENTRE WILL BE OPEN UNTIL 7:30PM MONDAY TO FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.15am			Tabata	TRX HIIT	Strength and Conditioning Circuit
12.15pm	Strength	HIIT	Super Circuit	TRX	Tabata
12.30pm	Yoga*	Pilates*		Yoga*	
5.30pm	Strength and Conditioning Circuit	Super Circuit	Strength and Conditioning Circuit	Tabata	

All classes are 45 minutes. 18 people in a class; 14 people in TRX.

Large towels are compulsory for Group Exercise and Gym

*BYO mat for Yoga & Pilates.

Class tickets are available 30 minutes prior to the start of the class. Please check in at reception at arrival for class locations. Please give the ticket to the instructor at the beginning of the class.

The timetable is subject to change without prior notice.

SPORTS CENTRE HOURS

Monday - Friday 6am - 7.30pm

Pool and tennis courts close 30 minutes prior to Centre's closure.

Please ensure COVID-19 protocols are followed.

BOND UNIVERSITY SPORTS CENTRE GROUP EXERCISE CLASS GUIDE

CARDIO BLITZ

Blitz your cardio fitness with a high energy, interval training cardio workout. Mix it up each week with something different that will improve your fitness and fat loss by getting your heart pumping!

HIIT

High Intensity Interval Training (HIIT) is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. HIIT is the concept where one performs a short burst of high-intensity (or max-intensity) exercise followed by a brief low-intensity activity, repeatedly, until too exhausted to continue. Helps promote fat loss and improve mood.

PILATES

A workout designed to develop core strength and coordination. The focus of this class will be on traditional pilates movement patterns, the use of breath and correct body alignment.

PROPS PILATES

A mat work pilates class that incorporates the use of thera-bands, fit balls, pilates rings and light weights to provide extra resistance and challenge the body.

STRENGTH

All the benefits of weight training using adjustable weights in a friendly environment, set to great music. All are welcome to this great strength builder class!

STRENGTH AND CONDITIONING

A dynamic class that combines a variety of weights, cardio and core training for a total body workout. You will be surprised with the amount of diversity in this class!

SUPER CIRCUIT

A high intensity class combining boxing, steps, plyometric, body weighted exercises and strength exercises into one fast-paced, calorie crushing workout! A medium to high level of fitness is recommended.

TABATA WORKOUT

Mix it up with Tabata Total Body System. Cycle through components of cardio, body weighted exercise and resistance workouts. Get maximum effect for maximum efficiency.

TRX® SUSPENSION TRAINING

Every suspension training exercise builds true functional strength and improves flexibility, balance and core stability. Movements using the TRX integrate strength and balance into a single dynamic format that taxes the nervous system at a high level and maximises the benefits of body weight exercise for faster results.

TRX® HIIT

A combination class consisting of TRX training and High Intensity training.

YOGA

Designed to enhance vitality and a sense of wellbeing, this workout helps participants improve flexibility, balance, strength and posture.



bond.edu.au

CRICOS Provider Code 00017B
Information is correct at the time of printing (July 2020).

Bond University Sports Centre
Gold Coast, Queensland, 4229

+61 7 5595 4100
sportscentre@bond.edu.au
sport.bond.edu.au/bond-sports-centre