

**EDITH COWAN UNIVERSITY**  
Sport & Fitness Centres



# ECU Sport & Fitness Centre

- Gym (with ladies-only option)
- Group Fitness
- Kids Holiday Program
- Crèche



JAN 2016 CRICOS IPC 00279B

ECU Joondalup 6304 5778

[ecusports@ecu.edu.au](mailto:ecusports@ecu.edu.au)

ECU Mount Lawley 6304 6978

[www.ecu.edu.au/sport](http://www.ecu.edu.au/sport)

# Group Fitness at ECU Sports



**Casual pass:** \$14 ECU students

**Become a member** and save \$\$\$ on weekly class visits, and receive free health appraisals to track your fitness.

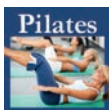
Visit [www.ecu.edu.au/sport/fitness\\_classes](http://www.ecu.edu.au/sport/fitness_classes)



**BODYPUMP**



**BODYCOMBAT**



## Facilities Available to be Booked by Students



ECU Sport & Fitness Centre offers the following facilities to hire;

- Classrooms with projectors or TVs
- Indoor sports hall courts
- Multi-purpose carpeted rooms with stage and mirrors
- Outdoor Astroturf tennis, basketball/netball courts

To support your hire we can offer free parking for community users. Email [ecusports@ecu.edu.au](mailto:ecusports@ecu.edu.au) with your request for a quote and availability.

# Crèche



Members of the ECU Sport & Fitness Centre can enjoy working out while their children are cared for by our professional and friendly staff. All of our crèche assistants have experience with children. Visit our fitness centre today and let us take you for a tour while your children test out the crèche.

We provide:

- A friendly and safe environment for children
- A secure area for babies
- Nappy changing facilities
- A large outdoor shaded play area
- Fun activities for all ages
- Crèche caters for children aged 8 weeks to 6 years.

For more information visit [www.ecu.edu.au/sport/creche](http://www.ecu.edu.au/sport/creche)

## Ladies Only Gym with ShapeHer at Joondalup



Looking for a safe and secure environment to support your fitness journey? Come and meet our team and see what we have for you.

For more information email [ecusports@ecu.edu.au](mailto:ecusports@ecu.edu.au) or visit [shapeher.com/joondalup](http://shapeher.com/joondalup)

# Health & Fitness Gym



- Gyms at Joondalup and Mount Lawley (2 for the price of 1)
- Large modern facilities with the latest exercise equipment
- Health appraisals and gym programs available for free every 8-12 weeks
- Café and Crèche facilities
- Female friendly workout areas
- Open 7 days a week for your convenience

## Call Now

Joondalup: 6304 5778

Mount Lawley: 6304 6978

Email: [ecusports@ecu.edu.au](mailto:ecusports@ecu.edu.au)



# Drop a Dress Size



ECU's ShapeHer Weight Loss Program at Mount Lawley will have you feeling fabulous in six weeks, just like hundreds of other women around Mount Lawley.

Our friendly trainers will deliver a program to assist in meeting your weight loss goals. They'll keep you motivated and on the right path through exercise, nutrition and lifestyle advice with ongoing support.

*“Since I've joined the ShapeHer Program, my confidence has gone up, my weight has come down and my fitness levels have soared”* Trish, 68

ECU Mount Lawley: 6304 6978

Email: [ecusports@ecu.edu.au](mailto:ecusports@ecu.edu.au)

Location map at:  
[www.ecu.edu.au/sport/location](http://www.ecu.edu.au/sport/location)

Program details at:  
[www.ecu.edu.au/sport/shapeher](http://www.ecu.edu.au/sport/shapeher)



ShapeHer

Call now for a **FREE** consultation



# ECUKids

## Holiday Program

at Joondalup & Mt Lawley

Exciting program for children aged 6 to 12 years. The ECU Kids Holiday Program offers school aged children a variety of different activities and sports to participate in. It's a great environment to develop social skills and make new friends whilst having fun. Bookings are essential.

[ecusports@ecu.edu.au](mailto:ecusports@ecu.edu.au)

[www.ecu.edu.au/sport/khp](http://www.ecu.edu.au/sport/khp)



**ECU Joondalup  
Sport & Fitness  
Centre**

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**ECU Mount Lawley  
Sport & Fitness  
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Find us at [www.ecu.edu.au/sport/location](http://www.ecu.edu.au/sport/location)  
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