



ECU Sport & Fitness

May 2017



## Gym Hours and Equipment Upgrade

We have listened to your feedback and are excited to announce that from the 1st May ECU Sport and Fitness Centres will be open from 5.45am weekdays all year round. This should also help members arrive in time for the early morning circuit classes.

We have also just spent over \$80,000 on new gym equipment that should arrive in the next 3 months. How exciting!



## Exercise Right Week – 22nd to 25th May

We are pleased to be offering all our members FREE half hour weight training technique sessions under the guidance of one of our qualified trainers. They will demonstrate how to execute exercises correctly, discussing the muscles used and the advantages of doing exercises right.

Each session has a maximum of four members only. We will cover two body parts per session. Bookings essential via our friendly reception team. Please book before the 20th May to secure your place.

Got a niggling injury or aches and pains you aren't sure about? The physiotherapist team from Move Well Physiotherapy will be onsite at the Joondalup Centre during Exercise Right Week to provide FREE no obligation for treatment assessments for all members. Please book a spot at reception for one of the limited places.



## Group Fitness Survey Results and Winner

With over 500 surveys completed we are working to identify opportunities for improvement. We will publish a summary of the key results and our actions on our notice boards next month. Thank you to all who took the time to give us feedback.

Congratulations to Michele Williams who won our six month gym membership.



## Free Group Fitness from 8th to 20th May

Come and enjoy the opportunity to join in our Joondalup "Come and Go" Circuit Classes or our Mt Lawley CX classes. An easy, no money worries way to give you that kick start you need this winter. [Click here](#) to identify a time that works best for you. There are no limits on numbers.



## Gym Special – 30 days for \$30

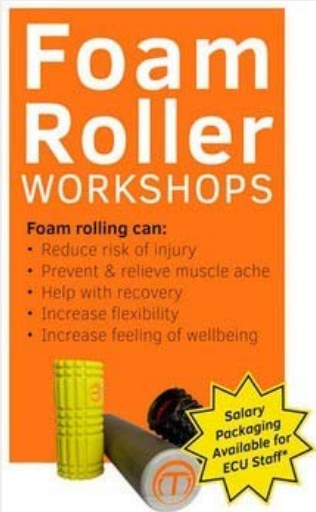
With the winter months here, the weather outside makes it hard to exercise. Why not come and try an indoor workout. We offer customised programs and unlimited 1on1 appointments with our trainers to make sure you get the best start, so call or [email us](#) now to find out how you can get started this month for only \$30.



## Mother's Day Bring a Friend for Free from 8th to 14th May

Mother's Day is a fun time to come together and celebrate what makes Mums special. To celebrate, Mums can bring a friend for free to any group fitness classes or a gym workout. Need more information? Email us at [ecusports@ecu.edu.au](mailto:ecusports@ecu.edu.au) Don't worry Dads – we won't forget you on Father's Day.

## Foam Roller Workshop



What can foam rolling do for you:

- Reduce risk of injury
- Prevent & relieve muscle ache
- Help with recovery
- Increase flexibility
- Increase feeling of wellbeing

Cost for ECU Sport and Fitness Members is \$5, casual cost for students is \$14. Bookings essential at reception with only 15 spots, sessions run for 1-1.5 hours.

Next workshops:

Joondalup – Tuesday 16th May – 7.30pm

Mt Lawley – Tuesday 23rd May – 7am

For our annual program details [visit here](#)



## ShapeHer 6 week Group Training Program at Mt Lawley

Our next program will be running from 22nd May - 30th June. It is no secret that your health goals can only be achieved through life style changes. ShapeHer is designed by fitness professionals to help you reach your goals and maintain them. It's all here just for you (including a crèche) under the one roof. Each program includes 18 sessions with a range of times available. For more details [email us](#) or visit the [ShapeHer website](#).

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