

# Group Fitness Timetable Mt Lawley

☺ Included in Staff Wellness \$40 Special

Updated 1/10/20

## Semester Timetable 13 July 2020 to 20 November 2020

Start	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	☺ CX45		☺ CX45		☺ CX45		
9:00am							
9:30am							☺ Yoga
10:45am						☺ Yoga	
12:15pm				☺ Core Yoga			
5:30pm	☺ CX45	CX/Spin	☺ Cardio box	☺ CX45			
6:30pm	☺ Pilates	☺ Yoga	☺ Yoga	☺ Pilates			
6:45pm							

## Semester Break Timetable 21 November 2020 - 14 February 2021

Start	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	☺ CX45		☺ CX45		☺ CX45		
9:00am							
10:45am						☺ Yoga	
12:15pm							
5:30pm	☺ CX45	CX/Spin	☺ Cardio Box	☺ CX45			
6:30pm	☺ Pilates	☺ Yoga	☺ Yoga	☺ Pilates			
6:45pm							

**PARTICIPATION CONDITIONS:** Please collect your class token from reception. Arrive 10 minutes before the start to set up and to speak to the instructor and advise of any medical conditions, injuries, asthma or pregnancy. There is a maximum number of places in all classes. Tokens are given out on a first come, first serve basis.

**For your own safety and the respect of other class participants: No Entry will be allowed once the class has started. Remember your towel and water bottle.**

**Turn over for opening times and class descriptions**

# Opening Times

## Mt Lawley Gym & Joondalup

Mon – Thurs 6am – 9pm  
 Friday 6am – 8pm  
 Saturday 8am – 3pm  
 Sunday 8am – 2pm

### Public Holidays

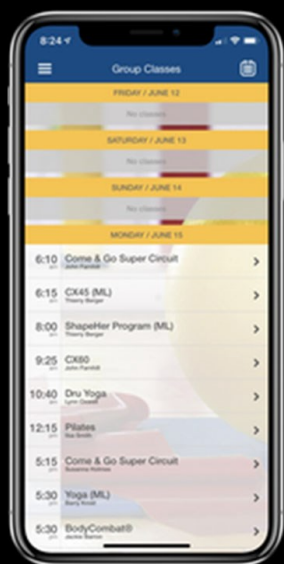
For hours visit  
[www.ecu.edu.au/sport/opening\\_times](http://www.ecu.edu.au/sport/opening_times)

### PLEASE NOTE:

The timetable may vary each month based upon participation levels, customer feedback and University semester times.

As a member to book in for an ECU Sports group fitness class, go to your App store and search for 'ECU Gym', then set up your account using the same email address you have registered with ECU Sports.

Need help? email [ecusports@ecu.edu.au](mailto:ecusports@ecu.edu.au)



## BENEFITS

High = 4; Medium/High = 3; Medium/Low = 2; Low/None = 1

BENEFITS	CX45/Spin	CARDIO BOX	YOGA	PILATES
Posture	2	2-3	4	4
Bone density	2-3	2-3	1-2	2
Fat burning	3-4	3-4	2	2
Strength	3-4	2	2	2-3
Muscular endurance	3-4	3-4	2	2
Fitness benefits	4	4	2	2
Flexibility	2-3	2	4	4
Co-ordination	3	3	3-4	3

### Yoga

Hatha Yoga is a body mind discipline emphasising the enhancement of physical and mental well being through posture work, breath practices and meditation. Iyengar and Astanga are styles within this path. Classes may vary in intensity from relatively gentle to strong and dynamic. Join our fantastic instructors for a great way to develop strength, flexibility, improved circulation and tone through the entire body. Benefits include increased joint mobility, range of motion, as well as decreased anxiety and stress.

### Cardio Box

Cardio-box is an invigorating workout utilizing boxing techniques for a moderate to high intensity cardio workout. Cardio box increases stamina, motivation, speed and coordination, providing an excellent workout for all fitness levels!

### CX45

CX45 is a 45 minute Circuit Cross. This class combines numerous styles of fitness training; cardio, boxing, modified combat drills, step, weights, fitball, and resistance in a circuit-based format over 45 minutes. Each class is always different, guaranteeing variety, fun and suspense. Suitable for all fitness levels. This class can be conducted indoors or outdoors within the ECU campus.

### Pilates

Pilates method is a specific style of exercising based on the method originally developed by Joseph Pilates in the early 1920's. The exercises are based on eight main principles including flowing movement, concentration, breathing, control, isolation, precision, centring and routine. No experience required.

### Core Yoga

Blending the best of Yoga and Pilates, this class will improve muscle tone, core strength, posture and stretch your whole body. Suitable for all fitness levels.

### CX/Spin

Combination 50/50 CX class and indoor cycling. Workout to motivating music led by your awesome team coach who will take you on a spinning journey, including time trials, intervals, hill climbs and flat runs. Followed by high intensity CX fun fitness session. Suitable for all fitness levels.