

UWA Staff Corporate Fitness



MEMBERSHIPS

Membership	Benefits
UNLIMITED MEMBERSHIP (12 mo)	Ongoing fitness assessments; ongoing personal fitness programs; access to all group fitness classes running at <u>both</u> the UWA Recreation & Fitness Centre and the UWA Water Sports Complex; access to open workout times at UWA Recreation & Fitness Centre Gym; Personal Training Sessions at the Water Sports Complex; court hire included; 25% discount on Recreate courses, 20% discount at the Sport Shop & 20% discount on Physiotherapy
UWA RECREATION & FITNESS CENTRE MEMBERSHIP (12 mo)	Fitness assessment, fitness program; access to group fitness classes running at the UWA Recreation & Fitness Centre only; access to open workout times at UWA Recreation & Fitness Centre Gym; court hire included; 25% discount on Recreate Courses, 20% discount at the Sport Shop & 20% discount on Physiotherapy

GYM TIMES

FOR COURT HIRE CALL: 6488 2286

Venue	Days & Times
UWA Recreation & Fitness Centre Gym	Monday to Thursday 6am to 8.30pm; Friday 6am to 8pm; Saturday & Sunday 8am to 2pm
UWA Water Sports Complex Gym	Monday to Wednesday 6am - 9am and 4pm - 8pm (Note: Unlimited Membership Personal Training & Group Fitness Classes Only)

CLASS SCHEDULE (Valid 20th July to 13th September 2009)

UWA Recreation & Fitness Centre Classes

UWA Water Sports Complex Classes

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
6am	Body Pump	Jump Start		AM Fitness	Body Pump	Jump Start		AM Fitness	Body Pump	Jump Start				
7am	Total Conditioning	AM Fitness	Body Step	Total Conditioning	Total Conditioning	AM Fitness	Body Step			AM Fitness				
8am				Flex & Flow	Zone & Tone						Body Combat		Body Pump	
9am	Body Pump			Core Spin	Body Pump			Core Spin	Body Pump			Fit Box		Core Spin
10am											Body Pump			
12pm	Body Pump			Core Spin	Body Pump			Core Spin	Body Balance					
4pm	Body Combat	Terminator	Body Pump			Terminator	Body Step			Terminator				
5pm	Legs, Bums & Tums	PM Fitness	Body Combat	Spin	Body Pump	Fit Box	Body Balance	Spin	Body Step	PM Fitness				
5.15pm		Total Conditioning			Total Conditioning									
6pm	Body Pump	Fit Box	Body Balance	Terminator	Body Step	Spin	Body Combat	Terminator	Body Pump	Fit Box				