


# MAKE CHANGES, NOT EXCUSES

## IPSWICH CLASS TIMETABLE

FROM JULY

 07 4688 0700

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 PM - 12:30 PM	X-FIT	CALLISTHENICS	BOOT CAMP	BOXING	CALLISTHENICS
12:30 PM - 1:00 PM	WALKING GROUP	STRETCH/ MOBILITY	WALKING GROUP	STRETCH/ MOBILITY	WALKING GROUP
3:00 PM - 3:30 PM	X-FIT	CALLISTHENICS		BOXING	CALLISTHENICS
4:00 PM - 4:30 PM	WALKING GROUP	WALKING GROUP		WALKING GROUP	WALKING GROUP
4:30 PM - 5:30 PM	PILATES INSTRUCTOR	STRETCH/ MOBILITY*		YOGA	STRETCH/ MOBILITY*

### Walking Group:

A brisk walk around the Ipswich USQ campus. Open to the public (non-gym members) the walking group provides an opportunity to get outside and enjoy nature with some company; all the while getting in your 30min of exercise for the day!

### Callisthenics:

A full body strengthening class using only your body! Legs, abs, arms, and all the rest but no equipment. Perfect for learning what to do when you travel.

### Stretch / Mobility:

Time to get the blood flowing and get out of that chair! Combining static and dynamic stretching, with myofascial release therapy (foam rolling), your body will feel free and open. Primarily, if you are at your desk most of the day this is for you.

\*OPEN TO PUBLIC

\*30 MINUTE CLASS



USQ Ipswich Campus, Building G (10), Salisbury Road, Ipswich Qld 4305

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# USQ WORKS HEALTH & RECREATION CENTRE

## OPENING HOURS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00AM - 2:00PM	11:00AM - 2:00PM	6:00AM - 10:00AM	12:00PM - 2:00PM	11:00AM - 2:00PM
3:00PM - 6:00PM	3:00PM - 6:00PM	11:00AM - 2:00PM	3:00PM - 6:00PM	3:00PM - 6:00PM

## MEMBERSHIP INFORMATION

MEMBERSHIP TYPE	6 MONTH INCLUDING 5% DISCOUNT	1 YEAR INCLUDING 10% DISCOUNT	FORTNIGHTLY PAYMENTS
USQ STUDENTS	\$270	\$510	\$21.95
USQ ASSOCIATES	\$270	\$510	\$21.95
GENERAL COMMUNITY	\$332	\$630	\$26.95
CONCESSION	\$308	\$580	\$24.95
CORPORATE	\$308	\$580	\$24.95

\*Conditions apply.

All prices include GST. No refunds will be given on 6 & 12 month packages.

Strength & Mobility **H.I.R.T** X FIT **BOOTCAMP**  
**PILATES** BOXING Supercore **YOGA** EXPRESS FIT **ABT**



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