

LA TROBE UNIVERSITY GROUP EXERCISE TIMETABLE

23rd NOVEMBER – 6th DECEMBER 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.10p m			Balanced Bodies		Pilates Level 1
1.05pm	Tri-Athletic	Combat Step		Body Sculpt	
5.05pm	50 : 50		Body Sculpt		



ENQUIRIES: (03) 9479 2973

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CLASS DESCRIPTIONS

50 : 50 – A complete body workout! A calorie burning cardio session followed by a body toning workout.

BALANCED BODIES – Relieve stress by balancing your mind and body! A combination of stretching / yoga, core strength, meditation and relaxation

BODY SCULPT – A combination of barbell, dumbbell & body weight exercises designed to decrease body fat whilst sculpting and toning your entire body!

COMBAT STEP – Increase your fitness whilst toning your entire body! A combination of basic Martial arts, Boxercise & Kickbox moves (step optional).

PILATES LEV 1 – Improve flexibility, posture and core strength. Class is based on Joseph Pilates' well-renowned principles of stretching and stability

TRI-ATHLETIC – Three workouts in one! 15 mins floor, 15 mins step and 15 mins body conditioning followed by stretch / relaxation.



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