

## Classes

### **Aerobics with Fiona**

Aerobics classes are a great way to get fit and have fun. A good balance of high and low impact exercises to strengthen and tone the body and keep the cardiovascular system healthy. Improves stamina and fitness.

### **Continuing Yoga with Yamini**

Yoga classes are perfect for people who want to improve their strength, flexibility, balance and spiritual well being. Yoga is a gentle, low impact, stretching and strengthening exercise that is great for everyone.

### **Capoeira with Yuval**

In addition to Samba and Carnival, the African slaves in Brazil invented one of the most artistic fighting forms-the Capoeira. The Martial art was outlawed and Capoeira was disguised as a form of dance. With time, it evolved into a magnificent mixture of fighting techniques, dance, acrobatics and music.

### **Funk ClubDance with Joanna**

Funk dance classes can teach you club dancing and funky moves to brighten your Saturday nights. Improve your health, co-ordination and shake off some of your inhibitions. Get fit and funky!

### **Stretch with Andreas**

Stretching is a most important aspect of any fitness program. Get ready for your chosen sport by getting into this special stretch routine developed by Andreas

## Classes

### **Tai Box with Fiona**

This is a great work out that consists of a series of martial arts kicking and punching moves that are sure to get you buzzing. This is a great aerobic work out for any aerobics person who wants something a little different!

### **Latin Salsacise**

The Latin Salsacise classes are a fun, energizing way to learn the moves of the hot Latin dance of the Salsa. This is also a great way to improve your fitness and meet new people.

### **Fitball with Fiona**

Exercise programs using Fitball can be used a wide range of people, men and women of all levels from elite athletes through to people looking for improved fitness and a unique form of recreation.



## Courses

### **Beginning Yoga with Yamini**

This Yoga course is designed to introduce *you* to this ancient system of total training, and get you on the path of improving your strength, flexibility, balance and spiritual well being.

### **Kundalini Yoga with Laura**

Kundalini Yoga is an ancient practice incorporating strength and resistance training, short meditation, breathing techniques, mantra and mudras (or hand positions) in fun, challenging yet accessible classes for all levels of fitness. Increase flexibility, boost metabolism, restore energy and vitality, feel happy and centred ... and much more.

### **Dance Yoga- Indo Oz with Khurshid**

Enjoy the exotic movements of the ancient classical Indian dance style (Bharata Natyam) in the form of a fitness workout program-Aerobic and Non-aerobic with Khurshid Shroff.

Earn about the magical and mystical culture of India, while gaining the therapeutic benefits from this dynamic form for all ages.

### **Taoist Tai Chi with Stewart**

Taoist Tai Chi is a series of slow, graceful movements designed to relax body and mind, improve concentration and develop flexibility and strength. Taoist Tai Chi is taught in over 500 locations in 28 countries.

## Schedule

### Monday:

Aerobics	12:10 – 1:00 pm (IWR)
Tai Box	1:10 – 2:00 pm (IWR)
Beginners Yoga*	5:30 – 6:30 pm (IWR)

### Tuesday:

Kundalina Yoga*	1.10 - 2.00 pm (IWR)
Fitball	1.10 - 2.00pm (GR)
Dance Yoga -Indo Oz*	5.20 - 6.30 pm (IWR)

### Wednesday:

Stretch	1:10 – 2:00 pm (IWR)
Continuing Yoga	5:30 – 6:30 (IWR)

### Thursday:

Aerobics	12:10 – 1:00pm (IWR)
Taoist Tai Chi*	1:10 – 2:00 pm (IWR)
Funk Club Dance	5:30 – 6:30 pm (IWR)

### Friday:

Capoeira	12.10 – 1.10 (IWR)
Stretch	1.10 - 2.00 (IWR)
Salsacise	6.00pm onwards (GR)

\* Denotes a course.

**(IWR) – Irene Watson Room.**

On Level 5 next to the Sports Association.

**(GR) – Games Room**

Just outside the Sports Hub!

## Enroll Now!!

Come to the Sports Hub on Level 5 and purchase your class pass.

### Class Prices

Students:	\$5.50
Staff:	\$7.00
Others:	\$8.00

### Even Cheaper with a 10 visit pass

Students	\$50.00
Staff	\$65.00
Others	\$75.00

### Course Prices – 7 weeks

Students	\$50.00
Staff	\$65.00
Others	\$75.00

Please purchase your passes at the Sports Hub.

Take the Class Pass, and present it to the Instructor taking your session to gain entry to the class.

Information accurate as of **1<sup>st</sup> April 2005.**





**SPECIALTY  
CLASSES  
&  
COURSES**  
**Semester 1, 2005**

Have fun

And

Keep fit!