

Fitness Hub Contacts

For more information please contact the Sports Association Office on the Level 5 of the Union House.

The Office is located on the North Western corner adjacent to the balcony. From the cloisters walk up the stairs next to the Little Theatre.

Pick up a Registration Form from the Sports Association Office or the Sports Hub.

Alternately you can contact the office as shown below for more information

Sports Hub Office

Phone: 8303 6999

Fax: 8232 1300

email: sports.hub@adelaide.edu.au

or

Come to The Sports Hub on Level 5
Union House, Enter through the
Games Room!



Opening Hours

The Fitness and Weight Training Centre will be open during the following Trading Hours:

Monday -Friday 7.00am - 9.00pm

Saturday 8.00am - 2.00pm

Take advantage of the most up to date weight training equipment by working out on campus in your free time. Call in to discuss your training requirements with our friendly staff.

Membership Fees

Membership	3mths	6mths	12mths
AU Students	\$60	\$90	\$160
AU & AUU Staff AUU, AUSA Members & Concession	\$70	\$120	\$220
Alumni	\$80	\$140	\$240

Casual Rates	per Visit	10 Visit Pass
AU Student	\$5.50	\$50
AU & AUU Staff AUU, AUSA Members & Concession	\$7.00	\$65
Alumni	\$8.00	\$75



Your
Fitness
Centre
on
Campus!

Information for 2005

Your Fitness Centre on Campus

People want different benefits from their exercise program, to tone up lose weight, develop muscles be better prepared for their chosen sport or just to feel healthier through the day.

A fitness program is the first step to that healthy lifestyle.

Take that step now to Level 5 and improve your health and well being.

Free Weights

There is a range of free weights which include

Bench, Incline & Shoulder Press, Squat Rack, Power Hack Squat, Chin-Dip Equipment etc.

So there are lots of opportunities for you to work out on campus.

Aerobic Equipment

The Sports Hub provides completely new and top of the range equipment designed to improve your aerobic fitness.

Try our Treadmills, Exercise Bikes Vertical Climber, Upper Body and Rowing Ergonometer.

Now you can spend twenty minutes a day in the Sports Hub to improve your core aerobic fitness.

Pin Loaded Equipment

The pin loaded equipment makes it possible for anyone to increase your muscle strength, endurance and develop all round fitness.

The equipment includes:
Vertical, Shoulder & Tricep Press, Row and Lat Pull Down
Leg Extension & Curls,
Squat machines and more!

Safe to use & a very good workout.
Talk to our qualified Gym attendants.

Linking with Sports

Weight Training is an excellent complementary activity for a wide range of sports.

Clubs are encouraged to register their members with the new Fitness Centre.

Weight training will improve the fitness strength and stamina required for your sport.

Physical Activity Guidelines

The Commonwealth Department of Health and Aged Care has some Guidelines for you. They include:

1. Think of movement as an opportunity, not an inconvenience
2. Be active every day in as many ways as you can
3. Put together at least 30 minutes of moderate-intensity physical activity on most preferably all, days.
4. If you can also enjoy some regular vigorous exercise for extra health and fitness.

Exercise now on campus and get fitter!