

Group Fitness Timetable | Semester Two 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GOOD MORNING MUSCLES	Weight Circuit ^{EM} 7:00am - 8:00am	Boot Camp ^{EM} 7:00am - 8:00am	Rise & Grind ^{EM} 7:00am - 8:00am One For All ^{EM} 8:00am - 9:00am	Boot Camp ^{EM} 7:00am - 8:00am	Weight Circuit ^{EM} 7:00am - 8:00am
WINNING ON YOUR WELLBEING	Body Pump 11:30am - 12:30pm Yoga 12:30pm - 1:30pm	Yoga 12:30pm - 1:30pm	Body Pump 11:30am - 12:30pm Yogalates 12:30pm - 1:30pm	Transform 12:00pm - 12:30pm Stretch & Mobility 12:45pm - 1:30pm	Body Pump 11:30am - 12:30pm Yogalates 12:30pm - 1:30pm
EVENING ENLIVENED	Power Up 4:00pm - 5:00pm Zumba 5:00pm - 6:00pm	Power Up 5:00pm - 6:00pm Body Pump 6:00pm - 7:00pm	Boxing 4:00pm - 5:00pm Zumba 5:00pm - 6:00pm Body Pump 6:30pm - 7:30pm	Power Up 5:00pm - 6:00pm Yoga 6:00pm - 7:00pm	One For All ^{EM} 4:00pm - 5:00pm Boxing 5:00pm - 6:00pm

^{EM} = Murdoch Moves

#GETMURDOCHACTIVE

All Members of the Murdoch Active Gym have complimentary access to all group fitness classes as part of their membership fees. Memberships to the Murdoch Active Gym are available via <https://linktr.ee/murdochactive> Murdoch Moves classes are free to all staff, students & alumni, \$10 per session for public non-members.



Active.Gym

9360 2713

active@murdoch.edu.au

Building 415

<https://www.murdoch.edu.au/murdoch-sports>



Bootcamp

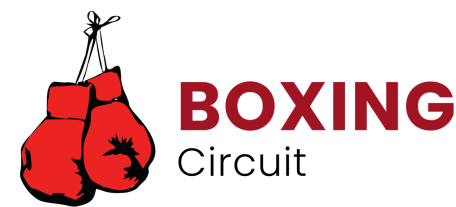


Boot camp workouts can vary but generally include a fairly intense mix of strength training and aerobic elements. The Boot camp is a type of interval training – bursts of intense activity alternated with intervals of lighter activity. Delivered by Murdoch Exercise Science Students under the guidance of staff.

547 kcal

Murdoch Moves

Boxing



The Boxing Circuit combines basic boxing fundamentals with interval training to boost your heart rate and burn hundreds of calories. The Boxing Circuit is an all over cardio and strength training workout. This workout combines boxing, strength conditioning, and core exercises to deliver an all-in-one full-body result. Delivered by Murdoch Exercise Science Students under the guidance of staff.

513 kcal

Body Pump



BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weightroom exercises like squats, presses, lifts, and curls. Get the results you came for – and fast!

560 kcal

Yoga



Yoga is a holistic style of exercise that uses asanas (poses), breathing and meditation techniques to maximise wellbeing. Yoga is the Sanskrit word for union and focuses on mind/body awareness. We offer two styles of yoga, both are geared to all levels of practitioners.

180-500 kcal

Yogalates



Yogalates is a brilliant fusion of the physical, mindful, and spiritual postures of yoga combined with the core strengthening and alignment of Pilates. It is a holistic training method mixing yoga, Pilates, meditation, and dance. The flow and sequence can be adapted to any level of fitness and tailored to physical requirements, injury, and emotional state.

180-500 kcal

Zumba



Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it.

600 kcal

Stretch + Mobility



The stretching and mobility class is exactly as it sounds, a class that focus's on stretches to help you create and maintain a healthy range of mobility. This class is a great way to relax and reduce stress, and is a low impact, fun class for all ages and fitness levels.

450 kcal

Weight Circuit



The Circuit classes are full body workouts targeting aerobic fitness & muscular endurance in our HIIT Circuit, or strength conditioning, technique & form in our Weights Circuit. You'll move around each station working different muscle groups. It's hard work, will challenge you, and caters for all fitness levels, including beginners!

243-414 kcal

Murdoch Moves

Rise & Grind



Conquer the day with our new class that encompasses a combination of core exercises and full body stretches. Our aim is to help you feel revitalised and refreshed in the morning of the mid-week!

500 kcal

Murdoch Moves

Transform



Transform will creatively focus on exercises that work your entire body from head to toe. You will rethink the way you define fatigue and find new boundaries that challenge your muscular endurance and strength with a variety of equipment. Perfect for all fitness levels!

400-600 kcal

Power Up



Power Up is a heavy strength class designed to engage all the big muscle groups using compound exercises to maximise gains. Consisting of low repetitions coupled with high rest periods, your muscles should feel the burn! A small stretch to finish off the session will have you feeling stronger than ever.

200-400 kcal

One For All



Creating a welcoming an inclusive class that fosters success and positive energy around movement for people of all levels and abilities. Sessions will be fun with a strong focus on tailoring exercises to each participant with modifications and adaptations, including standing and seated variations.

200-400 kcal

Murdoch Moves