

## CLASS TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT	SUN
9.00AM	Senior Circuit			Functional Strength	Stretch 'n' Balance		
10.00AM	Senior Circuit						
10.30AM			Postural Fitness				
11.00AM					The Works		
12.00PM			Aqua Aerobics			Aqua Aerobics	
12.10PM	Aqua Aerobics						

We have classes for everyone, each with their own level of difficulty.

**SYDNEY UNI SPORTS & AQUATIC CENTRE**  
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## Get in Touch

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 SYDNEY UNI SPORT & FITNESS  SYDUNISPORT  SYDUNISPORT



# Senior Wellness



## CLASS DESCRIPTIONS

We have classes for everyone, each with their own level of difficulty.

### SENIOR CIRCUIT

Held in a circuit format, this class incorporates gentle upper and lower body weights with abdominal and core strength, balance and flexibility exercises. It is the perfect way to gradually introduce your body to a regular exercise routine and is suitable for all levels of fitness and mobility.

### POSTURAL FITNESS

Your body learns what you teach it! This low impact class uses bands and hand weights to teach postural awareness and improve your functional core strength while balancing and aligning the spine. The use of bouncing balls helps improve coordination and makes for an enjoyable and energising class.

### AQUA AEROBICS

Enjoy the benefits of land exercise without the impact. Water reduces the impact by supporting up to 85% of your body weight and provides 15 times the resistance of air. This makes Aqua Aerobics suitable for beginners or those wanting a full body workout without the stress on the joints. It is suitable and available to people of all ages, although water confidence is required.

### STRETCH 'N BALANCE

Increase your body awareness by improving your balance and posture. This class aims to develop flexibility and strength through flowing movements, integrated breathing and relaxation. This class is perfect to refresh and renew the body.

### THE WORKS

This workout is targeted at maintaining and improving the 3 types of training (strength, flexibility and balance training) which are essential for keeping active, strong and independent as a senior. The class starts off with a quick 5-minute warm-up before working through a range of movements and scenarios that are relevant to day-to-day living.

### FUNCTIONAL STRENGTH

A complete body workout utilising plates, bars and body weight to assist in maintaining day to day functionality and keeping you as mobile as possible for many years to come.

## OUR INSTRUCTORS

Highly qualified, passionate and experienced trainers who live and breath fitness and exercise.

From Exercise Physiologists to Exercise Scientists, our training Squad are an impressive bunch, united by a common theme. A passion for helping others and making movement enjoyable.

Their extensive backgrounds range from athletics to football and their combined years of experience exceed half a century worth of knowledge!

You are in safe hands with the team at Sydney Uni Sport & Fitness.

## PRICING

**Casual Class\*** \$13.50

**10 Visit Pass\*** \$120

Classes are also included in any Silver Group Fitness or Gold pass. However, senior-specific classes are restricted to 55 years and over.

**'I've been hesitant in starting up an exercise routine because the gym scene really doesn't make me feel comfortable. These classes are relaxed, fun and the music from the 50's, 60's and 70's keeps us moving along!'**

**- John, 74 y.o.**

