

# RE-ENERGISE YOUR HEALTH!

Mt Gravatt Campus

Want to get healthier and do more exercise but don't know where to start? Want an exercise routine that is cost effective and will start you on the right track?

Fitness485, brings you FREE (yes FREE) activities for you on your campus. Open to all students and staff, this program offers you the opportunity to get healthier NOW!

## How it works?

Just turn up at any of the below sessions and join in. All sessions are conducted by our qualified personal trainers who are there to motivate, educate and guide you. So get involved, and why not bring a friend or work mate along too!

Date	Time	Location	Activity	What to bring
Monday 14 September	12pm – 1pm	Grassed area behind south car park	Active: Beginners Pilates	Drink bottle, towel, comfortable clothing
Tuesday 15 September	12pm – 1pm	Tennis centre Building M29	Education: "Quit before it kills you"	Paper, pen, & you!
Wednesday 16 September	12pm – 1pm	Basketball/Netball courts	Active: "Measure your fitness"	Drink bottle, towel, comfortable clothing
Thursday 17 September	12pm – 1pm	Grassed area behind south car park	Active: Beginners Pilates	Drink bottle, towel, comfortable clothing
Friday 18 September	12pm – 1pm	Tennis centre Building M29	Education: "Lets Get physical"	Paper, pen, & you!
Monday 21 September	12pm – 1pm	Basketball / Netball courts	Active: "Cardio circuit"	Drink bottle, towel, comfortable clothing
Wednesday 23 September	11:30 – 12:30pm	Tennis centre Building M29	Education: "Changing behaviours"	Paper, pen, & you!
Monday 28 September	12pm – 1pm	Grassed area behind south car park	Active: Beginners Pilates	Drink bottle, towel, comfortable clothing
Wednesday 30 September	12pm – 1pm	Tennis centre Building M29	Education: "Food – Whats good for you"	Paper, pen, & you!
Monday 5 October	12pm – 1pm	Basketball / Netball courts	Active: "Muscular endurance"	Drink bottle, towel, comfortable clothing
Wednesday 7 October	11:30 – 12:30pm	Tennis centre Building M29	Education: "Goal Setting"	Paper, pen, & you!
Monday 12 October	12pm – 1pm	Grassed area behind south car park	Active: Beginners Pilates	Drink bottle, towel, comfortable clothing
Wednesday 14 October	12pm – 1pm	Tennis centre Building M29	Education: "Designing a safe workout"	Paper, pen, & you!
Monday 19 October	12pm – 1pm	Basketball / Netball courts	Active: "Cardio/endurance"	Drink bottle, towel, comfortable clothing
Wednesday 21 October	11:30 – 12:30pm	Tennis centre Building M29	Education: "Stop Procrastinating"	Paper, pen, & you!
Monday 26 October	12pm – 1pm	Grassed area behind south car park	Beginners Pilates	comfortable clothing Drink bottle, towel,
Wednesday 28 October	12pm – 1pm	Tennis centre Building M29	Education: "Fuel for performance"	Paper, pen, & you!
Monday 2 November	12pm – 1pm	Basketball /Netball courts	Active: "Cardio/endurance"	Drink bottle, towel, comfortable clothing
Wednesday 4 November	12pm – 1pm	Tennis centre Building M29	Education: "Where to from here"	Paper, pen, & you!

Contact us for more information or with your questions

web: [www.griffith.edu.au/fitness485](http://www.griffith.edu.au/fitness485) phone: 3735 3628 email: [fitness485@griffith.edu.au](mailto:fitness485@griffith.edu.au)

\*support received from the Commonwealth Department of Health & Ageing Calendar

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