Group Fitness Timetable

Class Types

All classes are held at Nathan Gym - The Hub, Ring Rd, Nathan Campus 3735 3628

weekdays: 6am to 9pm
weekends: 1pm to 5pm

Boxing Fitness
Is an empowering 60min calorie burning class utilising all aspects of boxing. You will be taught by professional fighters who will use their boxing ring experience and knowledge to teach you how to use the correct attacking, defensive and co-ordination techniques. Conducted by The Boxing Shop’s Boxing Australia accredited trainers.

Pilates
A 45 - 60 min class using a series of controlled movements focused on improving postural alignment. It has a wide range benefits including enhanced functional fitness, ease of movement, improved back, abdominal, shoulder strength and increased balance.

Group Fitness Policy
The below has been implemented to ensure the safety of Group Fitness participants as well as the continuation of the program that satisfies class needs.

• No one can enter the class more than 5 minutes after the class has begun.
• Every participant must have a class token.
• Every participant must have the correct clothing and footwear to participate in the class.
• Every participant, including casual attendees, must fill in a Getting to know you - Pre-Exercise Screening Questionnaire.

Attendance Numbers
One participant: The class will be cancelled; this participant will be granted complimentary access to the gym.
Two participants: The class will continue, but for half the scheduled time.
Three participants: The class will run as normal.

Any class that consistently has low numbers or is cancelled on a regular basis will be re-assessed and may be re-scheduled or moved to a different day and/or time. www.griffith.edu.au/campuslife/fitness485

All instructors are trained to teach all fitness levels, so if you're new let us know.

BODYATTACK™
BODYATTACK™ is a cardiovascular interval training program that combines high intensity aerobics, strength and stabilisation exercises. It is a rapid calorie burner that delivers fast improvements in general endurance and an increase in overall body strength.

BODYBALANCE™
BODYBALANCE™ leaves you feeling relaxed and renewed and combines the best of eastern disciplines, like Yoga and Tai Chi, with popular new methods such as Pilates. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

BODYCOMBAT™
BODYCOMBAT™ combines moves and stances from a range of self-defence disciplines like Karate, Boxing and Taekwondo into an hour-long energetic routine. Music and pre-choreography create a fierce, energetic experience which raises fitness levels throughout the whole body, while reducing fat and cholesterol.

BODYPUMP™
BODYPUMP™ is a 45 - 60 min class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate. This class has higher than expected fat-burning effects alongside endurance, strength and “wellness” benefits.

RPM™
RPM™ is an indoor cycling class designed to develop cardiovascular capacity. Burning up to 800 calories in one 45 min session, this class is a favourite for those wanting to reduce body fat. RPM™ provides fast improvement in general endurance and an increase in lower body strength.

Body Slam
Fitness485 brings to you, 1hr of hit-the-wall training including aerobic conditioning, core stability, speed, agility & power drills. Do you have the drive to make it through? Set yourself a challenge!