

ACTIVE LIVING PROGRAM ACTIVITIES

Meet at the VU Aquatic & Fitness Centre (Building L, Level O, Footscray Park) to participate in each activity, our friendly reception staff will guide you in the right direction.

SOCIAL SWIMMING

Each morning during the week (11th to 15th December), the VU swimming pool will be available from 7am – 8am for some social swimming. Two lanes will be available to use, and people of all swimming abilities are welcome to participate.

TEAM TRAINING

Team training sessions are 45 minute sessions that are run by a personal trainer. For each session, a maximum of eight people will participate, so you can get a feel for working in a team. Team training is designed to work common areas that people are always looking to improve, which can include core strength and running, among others. Team training is a great way to kick start your fitness journey and achieve your goals.

VU RIVER WALKERS

VU River walkers is a social walking group that meet at lunchtime (12pm) and walk around Footscray park and the Maribyrnong river. As well as being active, VU River Walkers also provides an outlet for you to unwind and de-stress, as well as meet new people. The VU River Walkers meet at the Footscray Park fitness and recreation centre. For more information and contact details please visit www.vu.edu.au/sport

VU RIVER RUNNERS

Similar to the river walkers, VU River Runners is a group that runs every Wednesday from 4:30 – 5:30pm. The VU River Runners run around Footscray Park and the Maribyrnong river. Anyone – staff, students and members of the wider community of any and all abilities are welcome. The running varies from 3 – 5km. The meeting place is the same as VU River Walkers – the Footscray Park fitness and recreation centre. For more information visit www.vu.edu.au/sport

ACTIVE LIVING PROGRAM ACTIVITIES CONT.

GROUP EXERCISE

Boxing Fitness - A fun, interactive cardiovascular workout. Your fitness will be improved along with your core strength and hand-eye coordination, and it's also a great way to de-stress.

Dynamic Yoga - Combination of free flowing yoga postures such as sun salutations, standing and balancing poses, inversion, twists and savasana relaxation. Dynamic is suitable for all levels and abilities and is ideal for flexibility, strength, muscle recovery or relaxation.

Body Pump - A rapid class aimed at burning fat. Using barbells, you will be able to easily tone and condition your muscles.

Pilates - A physical conditioning class that involves low-impact exercises and stretches designed to strengthen muscles of specific body parts such as the torso, core and legs.

Spinning - A cycling class that is conducted indoors. The workouts are conducted using stationary bikes that are specially designed for spinning classes. These stationary bikes feature a weighted fly wheel, front wheel and adjustable seats and handlebars, as well as being equipped with a gear knob, which allows you to modify your workout intensity.

Deep Water Aqua - Ranges from the basic stage for beginners to the highly advanced stage for experts. There are a variety of programs involving the use of the upper and lower body. The goal of aqua aerobics is to augment cardiovascular conditioning.

Total Tone - An aerobic style class performed to music. Total tone incorporates a combination of traditional aerobic movies, hand weights and other aids such as balls and steps to create a dynamic class. There is a high energy class, is suitable for all abilities to improve fitness and muscle tone.