

Boxing Facility

At Unifitness we utilise our studio space to provide members with a boxing facility featuring: floor to ceiling, punch bags and speed balls.

The availability of this studio is subject to a timetable displayed in the club during each semester and holiday break period.

Gloves and focus pads are provided and cotton inners are available to purchase from reception for \$2.



Trading Hours

Semester Trading Hours

Monday—Wednesday	6am—9pm
Thursday—Friday	6am—8pm
Saturday	9am—2pm
Sunday	10am—1pm

Holiday Break Trading Hours

Monday—Friday	6am—7:30pm
Saturday	9am—2pm
Sunday	10am—1pm

(hours are subject to variation—dates of trading hours are available on our website or from reception at the centre)

Weights & Cardio



Unifitness have a comprehensive range of pin loaded equipment and free weights to help you achieve your personal goals.

A wide variety of “Life Fitness” cardio equipment is available to help you increase your fitness including treadmills, rowers, bikes & steppers.



Group Fitness

For an alternative to your gym workout we also offer a variety of group fitness classes including some of the popular Les Mills programs.

Our classes are designed for all levels of fitness, from beginner to advanced and are a great way to get in shape and have fun at the same time.

We offer :-
Body Pump
Body Combat
Body Balance
Yoga
Pilates
Cycle
Boxing
Zumba
Total Body



A timetable can be obtained from reception or via our website www.gugcstudentguild.com.au.



unifitness Health Centre

Come in and see our friendly **unifitness** team located in The Link Building (G07) underneath the Unibar or Ph 07 5552 9137 for more information.

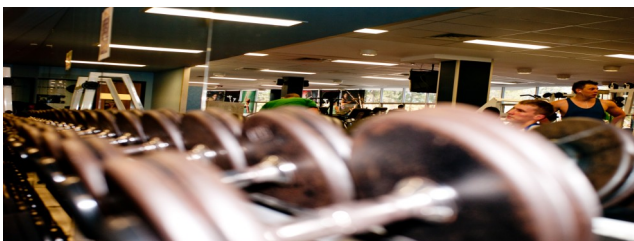
gugcstudentguild.com.au





Our Mission Statement

Through the provision of facilities, programs and services, Unifitness aims to encourage positive lifestyles for Griffith University Students and the wider community. We strive to create a professional, supportive and enjoyable environment whilst assisting members to achieve their health and fitness goals.



At Unifitness everyone is welcome to utilise our facilities; from students and staff of Griffith University to the wider community!

Whether you are looking to maintain your current lifestyle, improve your health and fitness or try something new, our fully equipped facility can help you achieve your goals, and our range of membership options will leave you “spoilt for choice”.

Our **membership** includes:

- Personalised fitness assessments and programs with industry accredited professionals to help you achieve your goals
- Use of our comprehensive range of equipment
- Lockers, showers and change rooms
- Unlimited access to group fitness classes (subject to type of membership)

Membership Options

* Prices effective from 1 January 2012

GYM MEMBERSHIP	12 Months	6 Months	3 Months	1 Month	Direct Debit
Student Guild Member Rates	\$320	\$198	\$146	\$105	\$18.50 per fortnight
Non Student Guild Member Rates	\$449	\$337	\$261	\$213	\$23.60 per fortnight
GYM + GROUP FITNESS MEMBERSHIP	12 Months	6 Months	3 Months	1 Month	Direct Debit
Student Guild Member Rates	\$390	\$236	\$171	\$117	\$21.50 per fortnight
Non Student Guild Member Rates	\$534	\$385	\$289	\$235	\$28.90 per fortnight
GROUP FITNESS MEMBERSHIP	12 Months	6 Months	3 Months	1 Month	Direct Debit
Student Guild Member Rates	\$213	\$139	\$106	\$64	\$13.10 per fortnight
Non Student Guild Member Rates	\$332	\$252	\$213	\$181	\$18.40 per fortnight

Casual Visit Fees

Student Guild Member	\$10.00
Non Student Guild Member	\$14.00
Student Guild Member 10 Visit Pass	\$90.00
Non Student Guild Member 10 Visit Pass	\$126.00

Direct Debit Conditions

\$42.00 Administration Fee (Non Student Guild Members Only)
Minimum Agreement Term: 10 Payments
No billing during the months of December, January and February
30 days notice in writing required for cancellations