



UTS FACULTY FIT

THE PROGRAM

UTS Faculty Fit is an 8-week program designed for UTS faculties and their staff to improve their physical and mental wellbeing through fitness classes and nutritional seminars*. The program motivates participants to reach their individual health goals as a collective team. Not only does the program promote a healthy lifestyle, it boosts team morale, promotes a positive work-life balance, and helps improve concentration and work productivity. Select from a range of class options and adapt the program to suit the needs of your team.

*Nutritional seminars are available at an additional cost.



PROGRAM GOAL

UTS Faculty Fit is here to improve the physical, mental, social, and emotional wellbeing of your team by raising awareness of the importance of a healthy lifestyle achieved through regular exercise and nutritional choices*.

PROGRAM LAYOUT

Location: **ActivateFit.Gym** (Building 4, Level 2) or **the trainers can come to you!**

Duration of class: **45 minutes**

Program length: **8 weeks**

Cost: **\$100+GST** per class

All fitness levels are welcome to take part after successfully completing an adult pre-screening questionnaire. Custom packages available upon request: Bella.Tonkin@uts.edu.au

OBJECTIVES	OPTIONS	OUTCOME
Increased physical fitness – endurance, strength, muscle definition and flexibility	Circuit Training	Increased physical fitness
Knowledge and confidence to make better nutritional choices	Resistance Training	Elevated energy levels
Make physical activity part of your weekly routine to achieve individual health goals	Body Pump	Improved mental wellbeing
Promote a positive work-life balance	Yoga and Pilates	Increased concentration and work productivity

To get started, contact our Club Manager Bella.Tonkin@uts.edu.au

ActivateFit.Gym

UTS Building 4, Level 2 (745 Harris St, Ultimo) ☎ (02) 9514 2444 🌐 activatefitgym.com.au
 (M–F) 6am–9pm (Sat/Sun) 9am–3pm