



NEW CLASSES

It's a Group Thing

UQ Group Fitness strives to consistently provide our members with the latest innovations in Group Fitness. This allows us to continue to grow and get the benefits of the latest research, whilst sticking to our key program elements: **keep it fun, keep it simple, and keep it effective.**

Body Training Solutions (BTS) is just that. The latest and most advanced group fitness classes (that have recently arrived to Australian shores), that are effective, simple and FUN!

What BTS programs are coming to UQ Sport & when?

Before bringing BTS to our program permanently, we want to find out what YOU think of the classes. So we are test driving them in our **Semester 2 Come N Try week (2 - 6 August 2010)**.

During **Come N Try week** we will be hosting several **BTS 'Master Classes'**. This means the national instructors for each of their programs will be visiting the UQ Sport & Fitness Centre to instruct classes especially for YOU. This is a one off SPECIAL EVENT and we invite you, your family & friends to come and try these new programs for FREE.

You will have the opportunity to 'test-drive' Group Power®, Group Kick®, Group Step®, Group Ride™, Group Centergy® and Group Groove™.

Upon customer feedback, we will look at the possibility of introducing some of these cool new classes to the 2011 Group Fitness timetable.

To find out more about who and what BTS is and what their classes entail, please see below. See the classes in action in the video clip demos, then find out when they are on, by viewing the COME N TRY timetable.

What is BTS?

BTS stands for Body Training Solutions, a division of the STEP COMPANY®, the original step training phenomenon sold into over 20,000 clubs and a fitness staple for literally millions of participants for the last five years in America, and finally it arrives here in Australia.

BTS decided years ago to present and provide the best possible World Class Group Fitness classes. Since the company formed six years ago, BTS has developed a series of world class group fitness classes: Group Power®, Group Kick®, Group Step®, Group Ride™, Group Centergy®, Group Groove™ and their newest program, Group Active™.

Each program is carefully designed to deliver a simple, fun and effective social experience independent of barriers like gender, age or fitness level. Each program has been professionally designed by Program Development Teams that include some of the world's most experienced programmers and instructors. Each quarter, the team creates a new release, or class, for each program which entails a rigorous and thorough development system and a new class for YOU, filled with new moves, new music presented by awesome instructors.



More about the Body Training Solutions suite of classes



Group Power is your hour of power! This 55 minute barbell program strengthens all your major muscles in an inspiring motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

Video Clip: www.youtube.com/watch?v=peS4SYBOtHw&NR=1



Group Kick brings it on! This electric 60minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!

Video Clip: www.youtube.com/watch?v=n1-Z7hBhVKw&NR=1



Discover new heights with Group Step®! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.

Video Clip: www.youtube.com/watch?v=ew7ffFP5y80&NR=1



Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!

Video Clip: www.youtube.com/watch?v=bUeR68pZAOQ



Redefine your self with Group Centergy®. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to centre your energy, reduce stress and even smile. Discover Group Centergy!

Video Clip: www.youtube.com/watch?v=qgB5WQOqT8k&feature=related



If you can move, you can Groove. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get A Move On! with Group Groove®.

Video Clip: www.youtube.com/watch?v=dnLozTJTmbk&feature=related



Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive group environment, with motivating music and caring instructors. Get more out of life, Get Active

Video Clip: www.youtube.com/watch?v=z26Wtlz--kE&feature=related