



Southbank
Institute of Technology
Education for aspiring minds

Working out at the Health and Fitness Centre



HSBR061088
CRICOS Provider No. 03020E



Queensland Government

Personal Training Sessions

Our personal training sessions are great value if you need additional motivation or some new ideas to vary your training routine and are available to all gym members. Personal training sessions are an opportunity for our knowledgeable students (with guidance from professional staff) to gain practical work-ready skills guiding real clients.

10 sessions	\$100.00
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Note: PT sessions only available during semester.

Opening hours

Get fit before work, during lunch, between classes or on your way home with our convenient hours:

Monday to Friday	6am to 9am, 12pm to 7.30pm
Saturday	8am to 11am
Sunday and public holidays	closed

Information and costs are correct as at May 2010 and may be subject to change.

Want to work in fitness?

At Southbank Institute of Technology's Health and Fitness Centre we know fitness. In fact, we run fitness-based qualifications and courses in a practical environment so our students have work-ready skills and know the latest industry techniques.

We offer a wide-range of programs so you can either get started in the fitness industry or enhance your knowledge as an existing fitness professional:

- Diploma of Fitness
- Certificates III and IV in Fitness
- Diploma of Sport (Development)
- Fitness short courses many of which are accredited for Continuing Education Credits (CECs) eg. Personal Training short course earns 7 CECs.

For more information on our programs or to enrol contact Student Services on 13 72 48.

Southbank Institute of Technology Health and Fitness Centre

Level 1
Block A
14 Glenelg Street
Locked Mail Bag 14
South Brisbane
Queensland 4101
Australia

13 72 48

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With our fully-equipped gym, group fitness classes, Health and Wellness Clinic and personal training you could benefit from a healthier lifestyle.

Use the gym, enjoy a group fitness class or get fit with a personal trainer. With all the up-to-date equipment you'd expect in a modern gym, along with weight training and stretch areas you can get the most from every visit. We're fully air conditioned for the comfort of our members and lockers are available. Our change rooms have individual shower and change cubicles for added privacy.

Our services

- Fitness assessment included with membership
- Personal fitness programs designed to suit your goals and current fitness level
- One-on-one personal training is available
- Sports-specific program design to target the areas you need
- Nutritional advice
- Regular group fitness classes are available to all members.

All our services are provided by professional staff or fitness students under their guidance.

Membership

You can sign up for a membership period that suits you – our 12 month membership is great value, however you can come and work out on a casual basis if you prefer.

Educational staff and students

(From the Southbank precinct, including Southbank Institute of Technology, Canberra University, Qld College of Art and Qld Conservatorium.)

Casual	\$7.00
10 visit pass	\$70.00
3 months	\$92.50
6 months	\$165.00
12 months	\$290.00

Members of the public

Casual	\$9.00
10 visit pass	\$90.00
3 months	\$132.50
6 months	\$215.00
12 months	\$410.00

Southbank Institute Health and Wellness Clinic

The Health and Wellness Clinic offers a range of programs so you can work towards improving your health and well-being by integrating exercise and techniques for managing health conditions. Whether you are a student, a working parent, a busy professional, a sports enthusiast or a senior citizen, our Health and Wellness Clinic can help you meet your health goals.

Kickstart Program

Kick start your way to better health

- ✓ Do you do less than 150 minutes of physical activity per week?
- ✓ Are you considered overweight or obese?
- ✓ Do you have high blood pressure or high cholesterol?
- ✓ Any existing medical conditions or injuries?*

The Kickstart Program is a 6-week program designed for people with health risk factors such as high blood pressure, high cholesterol, overweight and sedentary lifestyle. The program uses one-on-one and group exercise sessions delivered by fully qualified Personal Trainers.

The exercise sessions incorporate low to moderate intensity cardio-vascular exercise, resistance training and flexibility exercises all designed to give to you a kick start to better health. As part of the Kickstart Program you must attend at least 2 clinic sessions per week.

Clinic hours	
Monday	4pm - 6pm
Tuesday	7am - 9am and 4pm - 6pm
Wednesday	4pm - 6pm
Thursday	7am to 9am

For more information about the Health and Wellness Clinic please contact 07 3244 5675

Back basics preventative back care

Perfect for desk bound office workers to prevent and relieve stress and tension accumulated throughout the day. It includes stretches and strengthening exercises designed to relieve neck and back tension; as well as practical advice on its prevention.

Lifestyle modification program for those with or at risk of Type 2 Diabetes

The Lifestyle Modification Program is a weight management program targeting those with or at risk of Type 2 Diabetes. It involves personal and group exercise sessions designed to assist you to better manage your condition.

Individualised exercise programs for specific needs

Individual exercise programs are specialised exercise management strategies targeting your specific health concerns or conditions. Programs delivered are designed for referred clients with stable cardio respiratory, metabolic and musculoskeletal conditions.

Health assessment and lifestyle coaching

Encompassing a range of simple health assessments and questionnaires aimed at identifying if you are at risk of developing chronic disease now or in the near future, with follow up health coaching and mentoring on lifestyle modifications to improve health and wellbeing.

Improving your health and well-being doesn't have to cost the earth as there may only be a nominal fee charged for these programs.

* Health assessments for suitability will be conducted prior to starting a program