FATBURNER PROGRAM
It’s 2020 – and it’s time to get down to business, learn how to be accountable, monitor your food intake and move your body. No negative reinforcement and no guilt.

We will teach you how many calories you need to consume without overhauling your lifestyle, we will train you through two face-to-face sessions a week and a prescribed third session, while providing feedback and accountable weekly phone calls.

Start 2020 the right way – with energy and purpose!

Participants can expect:
- Two face-to-face sessions a week (Mondays and Fridays)
- A prescribed third weekly session
- To learn about calorie consumption that fits with your lifestyle
- On-going feedback and accountability through weekly phone calls

Date/Duration: Monday 17th February – Wednesday 8th April 2020 (8-weeks)
Location: Health Club, Macquarie University Sport and Aquatic Centre
Time: 6:30am – 7:30am
Days: Mondays and Fridays
Cost: MQ Gym Member Student/Staff/Alumni: $380.00
       MQ Gym Member: $420.00

How to Book: At the front desk of the centre or Health Club information desk. For further information contact healthclub@mq.edu.au

Click through to the FatBurner Program information page to learn more.
**BOOTYCAM**

BootyCamp is back for 2020 and there is no better way to sculpt your abs, butt and thighs.

Run over six weeks, BootyCamp is open to females looking for a focus on the lower body.

Featuring basic physical testing of running, sit ups, and free squatting to create a base to build from, BootyCamp will feature resistance bands and activation exercises, strength, boxing and circuit training, team challenges and the all-important focus on abs, butts, and thighs.

Sessions are split between the Health Club and surrounding outdoor areas, in a supportive and comfortable female only space.

Led by a female instructor, sessions can be modified to suit any limitations or considerations.

**Date/Duration:** Tuesday 3rd March – Thursday 9th April 2019 (6-weeks)

**Location:** Health Club, Macquarie University Sport and Aquatic Centre

**Time:** 6:45pm – 7:45pm

**Days:** Tuesdays and Thursdays

**Cost:**
- MQ Student/Staff/Alumni Member: $175.00
- MQ Gym Member: $200.00

**How to Book:** At the front desk of the centre or Health Club information desk. For further information contact healthclub@mq.edu.au

*To learn more about BootyCamp, click through to the following page.*
SENIORS WEEK FESTIVAL AND FREE FIT 4 LIFE INFORMATION SEMINAR
Seniors Week Festival is running 13th – 23rd February and to celebrate our Health Club team invites all Fit 4 Life attendees to 'bring a friend for free' to any Fit 4 Life session between February 14th and March 17th

Additionally, we extend an invite to any senior member of the local community to a FREE information session hosted by our Exercise Physiologist, Kitty Chao.

**Date/Duration:** Tuesday 18th February for 60-mins (for Information Seminar)

**Location:** Poolside Studio – Macquarie University Sport and Aquatic Centre

**Time:** Fit 4 Life Class 10:30am, Information Seminar 11:30am

**Cost:** No additional cost for bring a friend offer, no cost for information session on February 18th

**Book:** Enquire at the front desk or [click through to email](mailto:macsport@mq.edu.au)

NEW SMALL GROUP TRAINING TIMETABLE COMES INTO EFFECT FEBRUARY 17
Additional sessions have been added to the new Small Group Training timetable, which starts Monday February 17.

[Click through to view the new timetable.](http://www.campuslife.mq.edu.au/sport)
FEBRUARY MEMBER CHALLENGE – PLANK HOLD WITH CUP OF WATER
The February Monthly Member Challenge is the Maximum plank hold with a cup of water. Like all monthly challenges, notify members of the Health Club staff that you’d like to participate, so they can help set up and record your results.

How to Participate:
1. Notify a Personal Trainer or Health Club staff member that you’d like to participate.
2. The Personal Trainer will accompany you to the Health Club Courtyard (the outdoor grassed area), where the challenge will be set up.
3. You will get into the forearm plank static position (as pictured above).
4. The Personal Trainer will position a cup on your lower back and start timing you once the cup is successfully placed.
5. Your score will be recorded on the leader board by the trainer aiming for the longest possible time.
6. At month’s end, if you’re the winner in your category, you may be eligible for a prize!

This challenge runs from Saturday 1st February – Friday 29th February.

Click through to the Health Club page to learn more information about the Health Club and Gym Programs at Macquarie University Sport.

Give us a follow, share our content on Instagram: @mqhealthclub