AUSTRALIA DAY PUBLIC HOLIDAY SMALL GROUP TRAINING
Small Group Training on Sunday 26th January 2020 will run as usual, however only Die Hard at 12:00pm will run on Monday 27th January 2020.

The Small Group Training schedule will return to normal as of Tuesday 28th January 2020.

COUNTERPUNCH BOXING PROGRAM
Join us for 6-weeks of fast punching combos, dazzling footwork and intense physical workouts as we roll out Counterpunch in 2020. On the back of two sold out sessions in 2019 this is sure to be a hit!

Pay entry to the program and receive two free ‘Learn to pad’ sessions the week before the program starts.

Participants can expect:
- Two face-to-face sessions (Mondays and Thursdays)
- Padding and boxing technique
- Footwork and aerobic drills
- Pair and group boxing drills
- Knowledge of boxing terminology and technique

Date/Duration: Monday 3rd February – Thursday 12th March 2020 (6-weeks)
Location: Health Club, Macquarie University Sport and Aquatic Centre
Time: 6:30am – 7:30am
Days: Mondays and Thursdays
Cost: MQ Gym Member Student/Staff/Alumni: $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

Click through to the CounterPunch Boxing Program information page to learn more.
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
**JANUARY MEMBER CHALLENGE – INCLINE 400M TREADMILL RUN**

The January Monthly Member Challenge is the *Incline 400m Treadmill Run*. 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. Claim an available treadmill within the Health Club floor.
2. Notify a Personal Trainer or Health Club staff member that you’d like to participate.
3. The staff member will accompany you to your treadmill to set up the incline at 15 degrees and will record your fastest speed throughout the duration of your sprint.
4. Your score to be recorded on the leader board by the trainer aiming for the fastest time possible.
5. At month’s end, if you’re the winner in your category, you may be eligible for a prize!

This challenge runs from the 1st January 2020 – 31st January 2020.

Click through to the [Health Club page](#) to learn more information about the Health Club and Gym Programs at Macquarie University Sport.

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