



Recreation Centre

“Making a Difference”

Student Membership

The Rec Centre is yours to use for just
\$80.00 per year
\$60.00 per semester

Your Student Membership entitles you to:

- Full access to gym facilities
- Group exercise including Les Mills classes
- Access to the Sports Hall & Squash courts
- Badminton racquet hire
- Access to the Boxing Studio including free glove hire
- Free lighting for Squash Courts
- Certain ball hire free

Main Hall Sports

- Volleyball
- Indoor Soccer
- Badminton
- Basketball
- “Hall Sports”
- Please refer to the board at the Rec Centre for times allocated specifically for these activities.

Additional Services

- Personal Training
- Massage Therapist
- Team Building & Leadership Programme

Note:

All first year students must attend an orientation in order to use the Fitness Studio.

Recreation Centre

Calder Drive
PO Box 84
Lincoln University
Phone: 03 325 3606
Fax: 03 325 3889
Email: recsuper@lincoln.ac.nz

www.learn.lincoln.ac.nz
www.lincoln.ac.nz/reccentre

Hours of operation

Mon, Tues, Wed & Thurs	6.00am to 10.00pm
Friday	6.00am to 8.00pm
Saturday	8.15am to 4.00pm
Sunday	9.45am to 6.00pm

Shortened hours on public holidays. Closed Christmas Day, Boxing Day, New Years Day and New Years Holiday



Lincoln University
Te Whare Wānaka O Aoraki

Class Descriptions

CLASS	DESCRIPTION
BODYATTACK	Is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hard-core competitor!
BODYBALANCE	Is the Yoga, Tai-Chi, Pilate's workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
BODYCOMBAT	Is the empowering cardio workout where you are totally unleashed. The fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness!
BODYJAM	Is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center and get high on the feeling of dance!
BODYPUMP	Is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for-and fast!
BODYSTEP	Is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from a sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body!
RPM	Is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high!
CIRCUIT REC-ED	Be surprised with one of our classes – combining both resistance and cardio training in one session! Every class is different and can involve anything from sports specific training to military style drills!
YOGA	Stretch and strengthen not only your body but your mind and spirit in this relaxing and invigorating class. Perfect for those who want to improve their flexibility, core stability, athletic performance, strength, balance and posture whilst reducing stress.