

FIVE DAYS OF FREE FITNESS

REGISTER IN-VENUE FOR YOUR FREE ACCESS PASS*

MON 31 JULY

FREE OUTDOOR YOGA 7:30-8:15AM, SYNTHETIC FIELDS

FREE VENUE ACCESS
10AM-3PM - POOL, TENNIS, GYM

FREE SWIM FIT†
12PM-1PM AQUATIC CENTRE, B27

TUE 1 AUGUST

FREE VENUE ACCESS
10AM-3PM - POOL, TENNIS, GYM

FREE HIIT CIRCUIT
6-7PM - FITNESS CENTRE. B25









WED 2 AUGUST

FREE VENUE ACCESS
10AM-3PM - POOL, TENNIS, GYM

FREE INDOOR BADMINTON 10:30AM-1:30PM - FITNESS CENTRE, B25

PICK UP AND PLAY

TABLE TENNIS 12-2PM - GREAT COURT

FREE SWIM FIT[†]

12PM-1PM - AQUATIC CENTRE, B27

FREE GLOW ZUMBA

6PM-7PM - FITNESS CENTRE, B25



THU 3 AUGUST

FREE VENUE ACCESS 10AM-3PM - POOL, TENNIS, GYM

FREE INDOOR BADMINTON 10:30AM-1:30PM - FITNESS CENTRE, B25



FRI 4 AUGUST

FREE VENUE ACCESS

10AM-3PM - POOL, TENNIS, GYM

FREE SWIM FIT[†]

12PM-1PM - AQUATIC CENTRE, B27

FREE INDOOR BASKETBALL

2PM-4PM - FITNESS CENTRE, B25





^{*}Terms and conditions apply. Subject to change - check uqsport.com.au/sale before attending activities. @Registered trademark of ZUMBA FITNESS, LLC. All rights reserved. †Swim Fit - must be able to swim freestyle continuously for minimum 500m.