

# MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: FRIDAY 26 FEBRUARY 2010

ATTENTION: Chiefs of Staff, News Directors

---



## Opening of refurbished state-of-the-art Unigym

Fitness fanatics are in for a treat with the newly refurbished University of Tasmania Hobart Unigym officially reopening this weekend after a year of extensive refurbishments.

To celebrate the Official Opening, a Family Fun and Fitness Activity Day will be held tomorrow (**Saturday 27 February 2010.**)

The re-opening of the facility will launch some of the most advanced fitness options in Tasmania. As well as the Hobart Unigym, the university runs Unigyms at the Launceston and Burnie campuses.

The renovations include upgrades to the existing Sport and Recreation site, adding new state-of-the-art equipment to the Weights and Cardio facility and creating a more holistic and contemporary fitness environment that caters for all fitness and wellbeing needs.

The Family Fun and Fitness Day will involve fitness class demonstrations, live DJ music, a BBQ, activities for the whole family, the inaugural Unigym Sprint Circuit Challenge, facility tours and various sporting competitions (with great prizes) for all.

To help launch the facilities, three-time Olympian and Beach Volleyball Gold Medallist, Kerri Pottharst, Fitness Australia's 2009 Exercise Professional of the Year, Christine Atkins.

Gina Poulton, State Manager of Unigym, said gym members were looking forward to the new spacious layout of the Sandy Bay campus gym and the extensive health, fitness and wellbeing opportunities now available.

“While the majority of the new equipment will be updated versions of what the gym previously had on offer, it is the revolutionary new pieces, such as the Free Motion Cable Cross-Over and Xtreme Bike, which will allow clients to train in virtually any movement pattern with minimal adjustments required.”

Ms Poulton said all current Hobart Unigym members will be shown the new pieces of equipment by a Personal Trainer through an induction process, while new members will be taken through the entire range of equipment and advised of a fitness program tailored to suite their abilities.

“The gym extension aims to cater for the growing University community as well as showing the wider community they can access these wonderful facilities,” Ms Poulton said.

The Open Day will also be supporting Surf Life Saving Tasmania, with all monies received from entry donations supporting this worthwhile charity.

The building works were part of a \$2.7million Voluntary Student Unionism (VSU) transitional funding distribution from the Federal Government in 2007.

**When:** Saturday 27 February 2010, between 10am and 4pm

**Where:** UTAS Sandy Bay Campus Rugby Field (entry via Grace Street carpark)

**Cost:** Gold coin entry, minimal costs for food, drinks and some challenges.

**More information:** Call (03)6226 2084, website: [www.unigym.com.au](http://www.unigym.com.au)

**For more information/interviews:**

**Nadia Roulias, Team Leader, Unigym (03) 6226 1762**

**Information Released by:**

**UTAS Communications and Media, University of Tasmania**

**Phone: 6226 2691 Mobile: 0447 537 375**

**Email: [Media.Office@utas.edu.au](mailto:Media.Office@utas.edu.au)**