

SPORT & FITNESS E-NEWS



- **EXAMS THIS WEEK COMING... STARTS MONDAY 22ND JUNE**
- **CHANGES TO REFORMER TIMETABLE DURING EXAMS**
- **PICKLEBALL DIARY DATES AND COMPS**
- **UNISPORT INDIGENOUS ATHLETICS NATIONALS - TEAM ANNOUNCED**
- **CITY TO BAY UPDATE**
- **NEW CYCLE INSTRUCTORS**
- **FITNESS FIX WITH JOSH**
- **SOMETHING IS COMING BACK...**

EXAMS - CLASSES AND FACILITIES AFFECTED

Exam Dates

Mon 22nd June to Fri 3rd July

Supp Exam Dates

Monday 20th to Friday 24th July

Some classes will be cancelled & or modified

No Squash or sports hall use during this time



REFORMER CHANGES DURING EXAMS

XPLOR Software System is up to date with class times, what you see upon booking is correct.

We have tried to add more classes on some days to make up for exam clashes and cancelled classes.

Please enter/ exit quickly & efficiently and keep noise to a min.

CLICK FOR EXAM TIMETABLE



PICKLEBALL DIARY DATES

FREE 'Come N Try'

Coach led Pickleball
Wednesday 29th July
11:30am to 2:30pm

Pickleball Pairs Social Comp

5th August
\$10 team entry
12:00pm to 1:30pm
winning prize
\$100 Rebel Sport voucher



INDIGENOUS NATIONAL TEAM ANNOUNCED

Congratulations to the following Athletes

Chloe Henderson, Kianna Pepall
Kirsten Hartman, Kiera Fitzgerald
Laaina Suli, Ella Fitz
Mackayla Harrison, Georgie Jaques
Elijah Sumner, Teancum Varcoe
Elijah Buckskin-Kennedy
Jordon Barker



**FUSF Wish the Yungkurrinthe team all the best in
Newcastle - Competing June 29th June to July 3rd**

LEVEL 3 CHANGEROOMS

Thank you for your patience through May/ June with the mini bathroom reno!

A few little finishing touches to go...



CITY BAY UPDATE - SUNDAY 20TH SEPT

So far we have over 200 staff and students registered for the City to Bay 2026

It's not too late to register \$20 off registration, FREE singlet, training, massage, breakfast etc

[CLICK HERE TO JOIN](#)



NEW CYCLE INSTRUCTOR - WELCOME KALEIGH

Kaleigh is now teaching
Tuesday night 6:15pm Cycle &
Wed 5pm Cycle Xpress

Classes are filling up so please
remember to book.

Please email
sport.fitness@flinders.edu.au
for other cycle times if you
would like more classes!



NEW CYCLE INSTRUCTOR - WELCOME MATT

Welcome Matt

Our new 6:45am Friday
morning Cycle instructor!

Please make him feel
welcome.

Remember to bring a towel &
wipe down your bike.



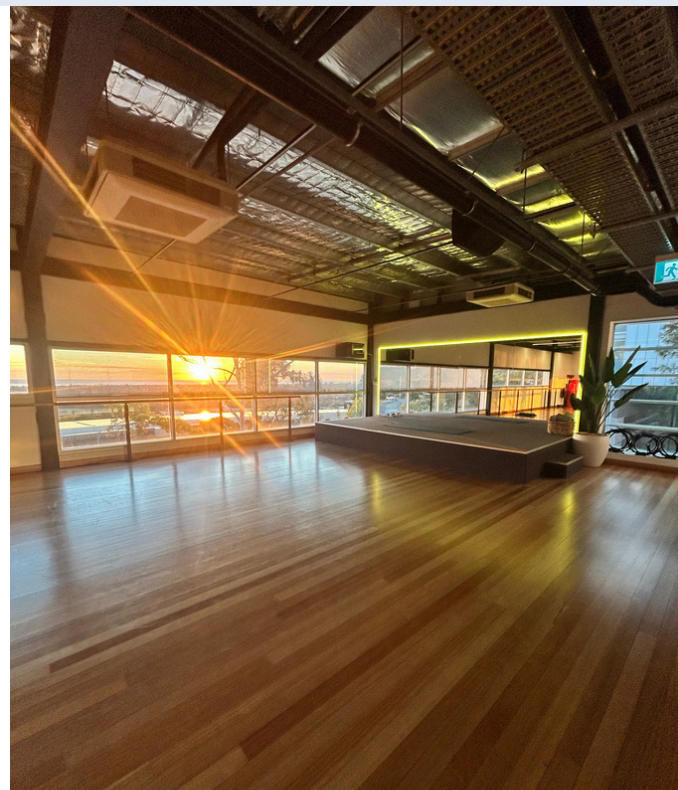
NEW EQUIPMENT...

Watch this space for more weight plates, deadballs & sandbags on level 2



SOMETHING IS COMING BACK....

Hint... It's a group fitness class that helps reduce stress while doing a workout at the same time!



FITNESS FIX WITH JOSH

I'm Josh, a Strength and Conditioning Coach here at Flinders, working across both the Athlete Development Program and The Bunker.

This month's Fitness Spotlight is Seated Calf Raise.



While it may not get as much attention as other calf exercises in bodybuilding circles, it offers a range of benefits that go far beyond muscle growth.

The seated calf raise primarily targets the soleus, a deeper calf muscle that plays a key role in everyday movement, including walking, jogging, and maintaining lower-leg stability. Strengthening this muscle can also help reduce the risk of calf injuries, as it is often involved in many calf strains. Adding seated calf raises to your training rotation is a simple and effective way to support performance and keep you moving well both in & out of the gym.

Try this:

warm-up set at approximately 50% of your working weight

2–3 working sets

8–15 repetitions per set

Give it a go in your next session and show your calves some love!

Happy lifting, Josh