

SPORT & FITNESS E-NEWS



- CITY TO BAY - 150 PLACES LEFT
- THE NEW GROUP FITNESS CLASS COMING...
- UNISPORT INDIGENOUS NATIONALS SUCCESS
- ADP AND JADP APPLICATIONS OPEN
- SUPP EXAMS THIS WEEK
- SAVE THE DATE - GALA AWARDS NIGHT 2026
- UNISPORT NATIONALS - FINAL CALL



CITY TO BAY - 150 PLACES LEFT!

Medibank is back to sponsor the City Bay 2026 event for all Flinders University Staff and students.

Race day is **Sunday September 20th**, book now to avoid missing out, with only 150 places left, 250 registered so far on Team Flinders for 2026.

Register now to receive over \$300 in value!

\$20 Discounted Entry fee

Free race singlet

Online running programs

Post race breakfast

Post race massage

So much more...

Registration:

Flinders University Staff and Students please register here for your \$20 discount and singlet order.

[CLICK HERE TO REGISTER](#)

Friends of Flinders - Partners, family members or besties not associated with Flinders Uni, can still join Team Flinders. Join with us and select Family & Friends 10%.



3km - Walk/ Run

6km - Run, Wheelchair

12km - Walk, Run, Wheelchair

Half Marathon - Run

Cut Off Dates:

Regular price ends **31st August**

T Shirt orders will close **31st July**

	MON	TUE	WED	THUR	FRI
WEEK 1 27/7 - 2/8	EVENT: Nutrition for Running Performance 5:10pm <i>(The Bunker)</i> Dietitian Jacqui Beal	FREE YOGA FUSF Studio 1pm	Coach led running session 5:15pm (Bedford Park Pavilion)		FREE FRIDAYS FUSF TREADMILLS LEVEL 2 7AM TO 7PM
WEEK 2 3/8 - 9/8		WORKSHOP: Strength Training for Runners 5:00pm <i>(The Bunker)</i> Coach Alex Hoskin FREE YOGA FUSF Studio 1pm	Coach led running session 5:15pm (Bedford Park Pavilion)		FREE FRIDAYS FUSF TREADMILLS LEVEL 2 7AM TO 7PM
WEEK 3 10/8 - 16/8	WORKSHOP: Injury prevention for Runners 12:15pm <i>(The Bunker)</i> Coach Chantel SEPSA	FREE YOGA FUSF Studio 1pm	Coach led running session 5:15pm (Bedford Park Pavilion)		FREE FRIDAYS FUSF TREADMILLS LEVEL 2 7AM TO 7PM
WEEK 4 17/8 - 23/8		FREE YOGA FUSF Studio 1pm	Coach led running session 5:15pm (Bedford Park Pavilion)		FREE FRIDAYS FUSF TREADMILLS LEVEL 2 7AM TO 7PM
WEEK 5 24/8 - 30/8		FREE YOGA FUSF Studio 1pm	Coach led running session 5:15pm (Bedford Park Pavilion)		FREE FRIDAYS FUSF TREADMILLS LEVEL 2 7AM TO 7PM
WEEK 6 31/8 - 6/9	WORKSHOP: Recovery & Mobility 5:10pm <i>(The Bunker)</i> Physio Francis Tungcol	FREE YOGA FUSF Studio 1pm	Coach led running session 5:15pm (Bedford Park Pavilion)		FREE FRIDAYS FUSF TREADMILLS LEVEL 2 7AM TO 7PM
WEEK 7 7/9 - 13/9		FREE YOGA FUSF Studio 1pm	Coach led running session 5:15pm (Bedford Park Pavilion)		FREE FRIDAYS FUSF TREADMILLS LEVEL 2 7AM TO 7PM
WEEK 8 14/9 - 20/9	EVENT: Pre-Race Nutrition 5:10pm (The Bunker) Dietitian Jacqui Beal	FREE YOGA FUSF Studio 1pm	Coach led running session 5:15pm (Bedford Park Pavilion)	QR Code to book	FREE FRIDAYS FUSF TREADMILLS LEVEL 2 7AM TO 7PM

THE SECRET IS OUT...BODY BALANCE IS BACK!

We're excited to finally announce the new Les Mills Group fitness class... Body Balance. Body Balance is a beautiful combination of Yoga, Pilates & tai Chi to music you will love.

Benefits you will love:

- Increased flexibility and strength
- Improved mental wellbeing
- Better posture

STARTING 22ND OF JULY - BOOK NOW!

Class times:

Wed 12:10pm

Thursday 7:45am

Friday 12:45pm - 30 min express



PICKLEBALL - COME N TRY

When: Wed 29th July

Time: 11:30am to 1:30pm

Description: COACH LED

Come and learn how to play & have some fun!

Drop in anytime between those times.

Suitable for all fitness levels

Cost: FREE for staff and students

BOOK NOW

FREE



INDIGENOUS NATIONALS SUCCESS

In June Flinders Uni sent our **inaugural team** of students and staff to **UniSport Indigenous Nationals**, held in Newcastle.

We finished the event ranked **23rd overall** across four days of competition and four sports, Basketball, Touch Football, Netball and Volleyball.

This event brings together Aboriginal and Torres Strait Islander student-athletes from Universities across Australia to celebrate culture, community and competition.

Our Flinders athletes were lucky to be wearing a custom-designed Indigenous playing strip designed by athlete Mya Damon.



SAVE THE DATE - GALA AWARDS NIGHT

Hands down our favourite night of the year! An event for our staff, members and athletes to all get together, drink some cold beverages and dance the night away!

Here is everything you need to know:

When? **FRIDAY 20th NOVEMBER**

Where? **THE MARION HOTEL**

Who? **EVERYONE IS INVITED!**

More details will be released soon but it's time to start outfit shopping! We can't wait, see you there!



ADP/JADP APPLICATIONS OPEN

Our ADP Sem 2 and JADP Term 3 applications are now open!

Let us help you take your sports performance to the next level with our University age (ADP) and High School age (JADP) strength and conditioning programs.

The ADP is a scholarship program for Flinders Uni student athletes, aiming to help each athlete balance their study and sporting commitments with tailored programming.

The JADP is for teenage athletes wanting to take their sporting performance to the next level, helping them progress from local to elite

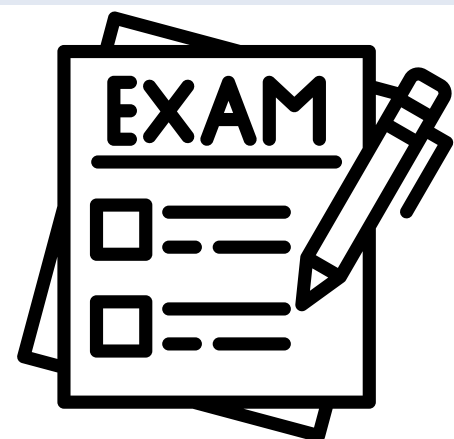
Apply here [ADP](#) + [JADP](#)



SUPP EXAMS THIS WEEK

Supp exams held this week - There will be no facility bookings/ sport club usage in the sports hall and or walking through from the Sports Centre. Please be quiet during this time.

Reminder: Medical Exam is next Monday 27th July - some reformer classes will be cancelled this day.



FEATURED CLASS OF THE MONTH

Get maximum results from your workout with our coach-led **High Intensity Interval Training (HIIT)** sessions! Held in the cardio area's dedicated HIIT zone, these fast-paced, 30-minute classes are the perfect lunchtime or evening sweat to fit into your busy schedule.

Beyond a great workout, these sessions are the perfect opportunity to learn how our 24/7 HIIT screen works. Once you know the setup, you can confidently use the screen and equipment at your own convenience anytime outside of class hours.

- **Monday: 12:15pm**
- **Wednesday: 12:15pm**
- **Thursday: 5:00pm**



UNISPORT NATIONALS - FINAL PLACES



UniSport Multisport Nationals registrations are nearly wrapping up!

This event is held in Perth Sept 26 - Oct 3 2026, with over 6,000 participants and 31 sports, this is your chance to represent the University and attempt to be crowned national champions!

We are looking for a few more athletes to fill the last few teams!

- **Men's Volleyball**
- **Women's Netball**
- **Women's Basketball**

Please fill out the form to nominate. [**EOI FORM**](#)

GOLD MEMBERSHIP UPGRADES



Take advantage of all that FUSF has to offer with a GOLD membership upgrade!

With unlimited access to the Bunker, Reformer Pilates and our recovery lounge Rejuvenate, what's not to love?

Upgrade to Gold for only \$2 extra per week for current Reformer members or \$4 extra a week for current Rejuvenate and Bunker members.

Fill out the form below to make the change and take charge of your fitness and recovery this winter! Follow the link to make the change now.

GOLD UPGRADE

CRACK DOWN ON TOWELS

We are sad to notice not all of our members bringing a towel with them into the gym lately. It's a small item that can make a big difference.

Workouts can get intense, and sweat is part of that. A towel can help you wipe off sweat and keep you comfortable during your workout. Sweat can be corrosive over time, so wiping down equipment after use can extend its lifespan.

It's also a matter of basic gym etiquette. Other people will appreciate your consideration in keeping shared equipment clean and keep things germ-free.



RECIPE OF THE MONTH



Smoky Sweet Potato Soup



Serves 4



30 mins

- 3 medium sweet potatoes, peeled
- 2 Tbsp olive oil
- 4 cloves garlic, minced
- 1C vegetable stock
- 500mL tomato passata
- 1 tsp smoked paprika
- 1C Greek yoghurt
- 4Tbsp Dukkah

DIRECTIONS

1. Peel and dice the sweet potatoes. Steam or microwave the sweet potato for 10-12 minutes or until tender. Drain the water, then blend until smooth with a blender or hand mixer.
2. Add olive oil and crushed garlic to a saucepan over a medium heat. Cook garlic for 1-2 minutes before adding the sweet potatoes. Stir gently.
3. Add the chicken stock, passata and smoked paprika, and stir well until mixed thoroughly. Bring to the boil for 4-5 minutes, then reduce heat to a simmer.
4. Divide the soup into 4 serves, then add $\frac{1}{4}$ cup yoghurt to each, followed by a tablespoon of dukkah to serve. Enjoy!