



Southern Cross University

Fitness Centre & Pool

New Member Program

Start your fitness journey with our personalised New Member Program! As a new member, you can book a complimentary session with one of our qualified team members within your first three months. During this session, you'll receive a customised gym program tailored to your individual fitness goals, experience level, and needs. Your program will also take into account any injuries, medical conditions, or health considerations, ensuring you can train safely, confidently, and effectively from day one. Take the first step towards achieving your goals and make the most of your membership!

SCU Swim Squad

Join our Swim Squad and build your skills, fitness, and confidence in the water! Suitable for a range of abilities, with a qualified coach provided at every session to help you improve and achieve your goals. Fine-tune your technique and breathing while increasing your fitness, you will learn to reduce drag and increase your balance in the water, while becoming aware of your posture. All staff on the Pool deck are Life Guard trained and qualified.

SCU Run Club

Are you beginning your running journey or a marathon runner, or anything in between? This run club is for everyone! Our trainers deliver running courses with the goal of everyone trying their best for the day. A welcoming, social run built around connection, consistency, and wellbeing — no matter your experience or fitness level.

Group Fitness Classes

Come and try one of our Group Fitness Classes. We have a great selection of classes ranging from the low-impact options of Yoga and Aqua Aerobics to the high-intensity sweat sessions of HIIT, STRONG and Bootcamp.

Pilates

Discover the transformative power of Pilates. A low-impact workout that focuses on building core strength, improving flexibility, and enhancing overall body strength and awareness. Our Pilates class is designed to provide a balanced, full-body workout that leaves you feeling strong, centred, and rejuvenated.

STRONG

STRONG is a 45-60 minute fully body class using barbells, adjustable weights and steps in order to tone and condition muscles all while raising your metabolic rate. STRONG is a follow along group fitness class led by our Instructors. This is a great option for people starting their gym experience.

Cycle

45- minutes, high-intensity, indoor cycling, cardio workout. Our cycle classes are designed to strengthen your mind and body with instructors who will coach you through a distinct variety of climbs and sprints and flats which contribute to a high number of calories burnt. This is an ultimate cardio session to improve your cardiovascular health, lower blood pressure and get your sweat on.

Aqua Aerobics

High energy, low impact muscular conditioning and FUN water workout combining cardio and resistance exercises using buoyancy belts. Designed to get your heart rate up and get a sweat on while keeping cool in the pool.

SCU Silver Circuit

Are you 60 years+? Then silver circuit is for you! Combining strength, cardiovascular and balance training, this is the perfect class to keep ageing bodies healthy and moving! Whether you have been a gym goer for years or are just looking to start your training journey, the silver circuit caters for all experience levels.

SCU HIIT

Experience the ultimate workout with our high-intensity interval training (HIIT) class. This dynamic and challenging session is designed to push you to your limits and help you achieve your fitness goals quickly and effectively.

SCU Bootcamp

Get ready to transform your body and boost your fitness level with our bootcamp class! This high-energy, full-body workout is designed to challenge and inspire you. Combining a mix of cardio, strength training, and agility exercises.

Yoga

Reconnect body and mind in our calming Yoga class. Improve flexibility, strength, and balance through guided movement and breathwork. Suitable for all levels, leaving you feeling relaxed, centred, and refreshed.