

External Group Fitness Instructors and other Professionals

The Gym

You will find that we are a personally committed, friendly and happy bunch of people working here. **We made The Gym@CDU a community gym with a personal, club like atmosphere.** Approximately half of our members are CDU staff or students who enjoy the convenience of a well-equipped gym on campus. The other half are public members, some of them have been coming for more than ten years.

The classes

We are committed to the highest standards of the university as well as to the Fitness Industry. Currently we offer different **30 classes per week, running for 45 min** each. The weekend classes (Sat Yoga and Sun Pilates) go for 60 min each. There are no pre-designed classes. As an instructor you can **create your own routines** and class contents which will allow you to adjust the exercises to the participants. There is often a broad variety of fitness levels and age groups in one class. In general we value the correct execution of the exercise and the safety of the participants higher than rapid progress. **Quality beats quantity!**

Class covers

The Gym@CDU is owned and managed by CDU Amenities Limited, the gym manager reports to the Board. Here in the gym everyone reports to the gym manager who is responsible for the day to day operations, including the roster and the class time table. **If you can't do a class** and require a cover, **please inform the gym manager as early as possible via email or phone.** Suggestions for a cover are very welcome! The classes which need covering will be on the white board in the staff room. Please **feel free to put your name down to any class that is "up for grabs"**.

Personal Trainers

The Gym@CDU has one in-house PT for members and casual visitors to book sessions with. The in-house PT is available limited hours. External PTs are welcome to provide their services in the following ways:

1. External PT provides contact details/promotional material to The Gym@CDU to be passed on to clients
2. Client contacts external PT to arrange session time
3. At the time of the session client pays the standard rate to The Gym@CDU over counter
members: \$70 per PT hour
casual visitors: \$70 per PT hour + casual visit fee
4. External PTs invoice The Gym@CDU a standard rate of **\$60/hr session** following the session on a fortnightly basis

Pay rates and procedures

Instructors and external PTs invoice The Gym@CDU after the class on a fortnightly basis. The manager sends an email out as a reminder when the invoices are due. The following week on the Thursday afternoon, Accounts Payable at CDU will run your pay and send to your nominated account. **The payable amount is \$45 per 45 min class and \$50 per 60 min class. The standard rate for Personal Training is \$60 per hour.**

Your first day

On your first day please provide the following documents or copies of it:

- Attached sign on form
- Your qualifications
- Current First Aid certificate
- Your registration with professional bodies (if applicable)
- Ochre card (if applicable)

All Instructors and Personal Trainers are encouraged to be registered as a fitness professional with Fitness Australia Limited or any other appropriate professional body and keep registration and insurance up to date.

Our website

On our website www.cdu.edu.au/thegym you will find the staff profiles for everyone working here. So if you have a few minutes to spare we would appreciate to get your information online as well!

If you have more questions, please ask any of us. We look forward to having you here and hope you will enjoy your classes and sessions!

Contact details are:

Gym reception: gym@cdu.edu.au, ph: 8946 6971

Gym Mgr: anke.pfannkuchen@cdu.edu.au, ph: 8946 6688, Mob: 0409 807 056