Hey guys welcome back its Livio and welcome to my video blogs. So today as you can see I am at the sports centre, it’s a really crap day so what a way to do then spend time at the gym where hopefully we can meet some Melbourne Heart players....let’s go.

So guys I am here at the Sports Centre here we have got the pool which is 25metres long and it’s heated and it’s open all year round. We usually use the pool for training. You can always come along and just have a swim at any time. I think they also have water sports like water polo and stuff like that. The sports centre also have this lap it up club where all the serious swimmers come along and there’s no one around and just lap it up seriously and stuff like that.

Now we are in SWOTVAC as well, studying for exams and stuff and the sports centre is really really good to take your mind off stuff, have a swim. As you can see over there we have the tarzan rope, which is just above the deep water pit and they use that for various training exercises and to train all the lifeguards and so on like that.

So over here we have all our sporting clubs. I think from memory we have about 24. So we have ranging from Badminton, all the way to squash, surfing and so on like that. It’s also really really good to make good friends if you are an existing student or if you are a brand new student as well. So it is really good to come along and make friends.

So over here we have another board which displays all of our group exercise classes. So we have ranging from box fit classes, combat step. There is also Jui Jitsu training and Zumba. We also have the gymnasium as well, which shows opening hours and stuff like that.

So here is where we have our group exercise classes. So as you can see it is early in the day, there is no one in there and the lights are turned off, but this is all our studio and where our Yoga, Zumba and combat classes happen.

So this is the corridor leading up to the gymnasium. There is a whole new fit out, it’s renovated and there is new machines I just can’t wait to show you guys.

So as you know guys this is my last year of Biomedical Science and I am applying for a Master of Physiotherapy Practice for next year so exercise and all this sport related stuff is really important for me in doing Physiotherapy.

So the new addition to the sports centre gymnasium is the new plasmas which have been installed. So they are here so when you are having a jog, on your bike it gives you something to look at so you can watch your favourite program.

As you can see guys these are the new mirrors here....Hello! So these new mirrors have just been installed so they are just here so when you are having a workout you can see yourself and make sure you are doing it properly. So the Melbourne Heart players always come down here and use the gym to train and workout. Unfortunately the season has finished and hopefully I get to interview one for my next video blog, so hopefully we get one.

So it is really good to just workout during exams. I have my exam next week and I am also going to Europe as well, so hopefully I get some video blogs up of Europe while I am over there, so I am just going to get back to my jogging.

Hey guys, I just finished up, what a wonderful day at the gym. I am all sweaty and disgusting so I’ll probably go have a shower and stay tuned until next time.