

## Drop in Classes – Be Active Programme 2 January – 25 January 2019

Please pay the teachers at the start of class

Day	Class	Time	Location /room	cost	Teacher
<b>Monday</b>	Tai Chi for Health	12.00 – 12.55pm	WB – Dual usage room	£5.00 to charity	Colin Hughes
	Express Cardioblast <i>Last one 9<sup>th</sup> January</i>	12.00 – 12.30pm	WB – Activity Room	£2.50	Shelagh Stedman
	Express Bums & Tums	12.00 – 12.30pm	Sackville H11	£2.50	Khoula Dar
	Express Body Blast	12.35 – 1.05pm	Sackville H11	£2.50	Khoula Dar
	Express Bums & Tums <i>Last one 9<sup>th</sup> January</i>	12.35 – 1.05pm	WB – Activity Room	£2.50	Shelagh Stedman
	Cardio Pilates	1.10 - 1.55pm	WB – Activity Room	£5.00	Georgina West
	Iyengar Yoga	5.00 – 6.30pm	WB – Activity Room	£6.50	Clare Tunstall
	Pilates <i>This starts 9<sup>th</sup> January</i>	5.15 – 6.00pm	Sackville H11	£3.50	Gail Heathcote-Milner
<b>Tuesday</b>	Yogalates	12.00 – 1.00pm	WB – Activity Room	£5.00	Karen Oakes
	Express Step Blast <i>Last one 10<sup>th</sup> January</i>	1.00 – 1.30pm	WB – Activity room	£2.50	Shelagh Stedman
<b>Wednesday</b>	Pilates	12.00 – 12.45pm	WB – Activity room	£4.00	Gail Heathcote-Milner
	Indian Club Swinging	12.00 – 12.55pm	WB – Dual usage room	£5.00 to charity	Colin Hughes
	Express Zumba	1.00 – 1.30pm	WB – Activity room	£2.50	Helen Leah
	Hatha Yoga	12.00 – 12.50pm	Sackville H11	£5.00	Flo Bell
	Iyengar Yoga	5.15 – 6.45pm	WB – Activity Room	£6.50	Clare Tunstall
<b>Thursday</b>	Express Abs, Bums & Backs <i>Starts January 9<sup>th</sup></i>	12.00 – 12.30pm	WB – Activity room	£2.50	Gail Heathcote-Milner
	Old school Aerobics	12.35 – 1.05pm	WB – Activity room	£2.50	Gail Heathcote-Milner
	Express Body Blast	12.00 – 12.30pm	Sackville H11	£2.50	Khoula Dar
	Express Bums & Tums	12.35 – 1.05pm	Sackville H11	£2.50	Khoula Dar
<b>Friday</b>	Tai Chi Ball	12.00 – 12.55pm	WB – Dual usage room	£5.00 to charity	Colin Hughes
	Zumba	12.00 – 12.45pm	SS – H11	£5.00	
	Barre Concept	1.00 - 1.45pm	WB – Activity room	£5.00	Georgina West

Don't forget to book you 8 week block – course start week commencing 4<sup>th</sup> Feb to book

<http://www.sport.manchester.ac.uk/fitness-wellbeing/be-active/fitness-classes/>