

MANCHESTER
1824




The University of Manchester

2017/18



BE ACTIVE CLASSES

WELLBEING ROOMS AND SACKVILLE STREET

 @UoMSport  UoMSport  uomsport  uom_sport

www.manchester.ac.uk/sport

BE ACTIVE SCHEDULE 2017/18

AR = Activity Room G.66
DU = Dual Usage room G.65
LGR = Large Group Room 1.63

Day	Class	Time	Location
Monday	Express Cardioblast ♥♥♥	12 – 12.30pm	Wellbeing – AR
	Tai Chi for Health ♥	12 - 12.55pm	Wellbeing – DU
	Express Bums & Tums ♥♥	12.35 - 1.05pm	Wellbeing – AR
	Express Bums & Tums ♥♥	12 - 12.30pm	Sackville – H11
	Cardio Pilates ♥♥	1.10 - 1.55pm	Wellbeing – AR
	Iyengar Yoga ♥♥	5 - 6.30pm	Wellbeing – AR
	Power Yoga ♥♥♥	6.10 - 7.40pm	Wellbeing – DU
	Pilates – Drop in ♥♥	5.15 - 6.00pm	Sackville H11
Tuesday	Yogalates ♥♥	12 - 12.55pm	Wellbeing – AR
	Pilates – Improvers' ♥♥	12 - 12.50pm	Sackville H11
	Hula Hoop ♥	12 - 12.45pm	Wellbeing – DU
	Bosu Blast ♥♥	1 - 1.30pm	Wellbeing - DU
	Hatha Yoga ♥	1 - 2pm	Wellbeing – AR
	Ashtanga Yoga ♥♥♥	5 - 6pm	Wellbeing – AR
	Zumba ♥♥	6.10 - 7pm	Wellbeing – AR
	Vin & Yin Yoga ♥	6.30 - 8pm	Wellbeing – DU
Wednesday	Dance Fitness ♥♥	5.15 - 6.05pm	Sackville H11
	Pilates – Drop in ♥♥	12 - 12.45pm	Wellbeing – AR
	Hatha Yoga ♥	12 - 12.50pm	Sackville H11
	Indian Club Swinging ♥	12 - 1.00pm	Wellbeing – DU
	Express Zumba ♥♥	1 - 1.30pm	Wellbeing – AR
	Let's Sing (choir) ♥	1 - 1.45pm	Wellbeing – DU
	Pilates – Beginners' ♥	5 - 5.55pm	Wellbeing – AR
	Legs, Bums & Tums ♥♥	5 - 5.45pm	Sackville H11
	Iyengar Yoga ♥♥	6.05 - 7.15pm	Wellbeing – AR
	Hatha Yoga ♥	6.10 - 7.10pm	Wellbeing – DU
Legs, Bums & Tums ♥♥	7.20 - 8.05pm	Wellbeing – AR	

Day	Class	Time	Location
Thursday	Express Abs, Bums & Backs ♥	12 - 12.30pm	Wellbeing – AR
	Alexander Technique ♥	12 - 1pm	Wellbeing – DU
	Cardioblast ♥♥♥	12.35 - 1.05pm	Wellbeing – AR
	Express Bums & Tums ♥♥	1 - 1.30pm	Sackville H11
	Express Body Blast ♥♥	1.10 - 1.40pm	Wellbeing – AR
	Power Yoga – Beginners' ♥♥	1.10 - 2.10pm	Wellbeing – DU
	PiYo workout ♥♥	5 - 6pm	Wellbeing – DU
	Fitsteps ♥♥	6 - 6.45pm	Wellbeing – DU
	Ashtanga Yoga ♥♥♥	5.15 - 6.45pm	Wellbeing – AR
	Insanity ♥♥♥	5.15 - 6pm	Sackville H11
Friday	Womens' Yoga ♥	6 - 7pm	Wellbeing – LGR
	Express Zumba (drop in) ♥	12 - 12.30pm	Sackville H11
	Kettlebell Conditioning ♥♥♥	12- 12.55pm	Wellbeing – AR
	Tai Chi Ball ♥	12 - 1pm	Wellbeing – DU
	Barre concept ♥♥	1 - 1.45pm	Wellbeing – AR
	Iyengar Yoga – Beginners' ♥	4.30 - 5.30pm	Wellbeing – AR
	Core de Force ♥♥	5.35 - 6.20pm	Wellbeing – AR
	Yin Yoga ♥♥	4.45 - 6.15pm	Wellbeing – DU
	Yoga Flow & Relaxation ♥	5.15 - 6.15pm	Sackville H11

Please note: Class times and rooms may be subject to change.

Class Descriptions and intensity levels

- ♥ Easy – suitable for Beginners and getting back to exercise
- ♥♥ Medium intensity – suitable for people getting back to exercise and regular exercisers
- ♥♥♥ High intensity – suitable for regular exercisers and those wanting a hard workout

For full class descriptions go to

www.sport.manchester.ac.uk/fitness/activeman/classdesc

To book online
www.sport.manchester.ac.uk/fitness/activeman

OTHER ACTIVITIES AND EVENTS

Running and walking groups

Running and walking groups – meet weekly all year round, beginners very welcome, for more information

www.sport.manchester.ac.uk/fitness/runwalk

At the Wellbeing Rooms

We offer the following services at very low rates

- Osteopath
- Holistic Massage or Sport Massage
- Beauty Treatments

Wellbeing Week 20 – 24 November 2017

A FREE week of Mind and Body activities

For more information on the above

www.sport.manchester.ac.uk/fitness/wellb

Be Part of our Purple Wave and join the Great Manchester 10k Run or ½ Marathon

Save the date 20 May 2018 – complete Beginners very welcome

www.manchester.ac.uk/10k



TRY BEFORE YOU BUY

Week commencing – 9 October until 13 October 2017

All classes will give you a little taste of what the session is about. It's a first come basis and you will be asked to sign in with your email and Student ID number.

The Wellbeing Rooms – Simon Building

AR= Activity Room G.66, DU= Dual Usage G.65, LGR= Large Group Room 1.63

Day	Class	Time	Location
Monday	Tai Chi for Health	12 - 12.55pm	Wellbeing – DU
	Cardio Pilates	1.10 - 1.55pm	Wellbeing – AR
	Iyengar Yoga	5 - 6pm	Wellbeing – AR
	Power Yoga	6.10 - 7.10pm	Wellbeing – AR
Tuesday	Yogalates	12 - 12.55pm	Wellbeing – AR
	Hula Hoop	12 - 12.30pm	Wellbeing – DU
	Hula Hoop	12.30 - 1.30pm	Wellbeing – DU
	Bosu Blast	1 - 1.30pm	Wellbeing – DU
	Zumba	6 - 6.45pm	Wellbeing – AR
	Vin & Yin Yoga	6.30 – 7.30pm	Wellbeing – DU
Wednesday	Indian Club Swinging	12 - 1pm	Wellbeing – DU
	Pilates – Beginners'	5 - 5.55pm	Wellbeing – AR
	Hatha Yoga	6.10 - 7.10pm	Wellbeing – DU
	Legs, Bums & Tums	7.20 - 8.05pm	Wellbeing – AR
Thursday	Alexander Technique	12 - 1pm	Wellbeing – DU
	Express Body Blast	1.10 - 1.40pm	Wellbeing – AR
	Power Yoga – Beginners'	1.10 - 2.10pm	Wellbeing – DU
	PiYo workout	5 - 6pm	Wellbeing – DU
	Fitsteps	6 - 6.45pm	Wellbeing – DU
	Ashtanga Yoga	5.15 - 6.15pm	Wellbeing – AR
	Womens' Yoga	6 - 7pm	Wellbeing – LGR
Friday	Kettlebell Conditioning	12 - 12.55pm	Wellbeing – AR
	Tai Chi Ball	12 - 1pm	Wellbeing – DU
	Barre concept	1 - 1.45pm	Wellbeing – AR
	Core de Force	5.50 - 6.25pm	Wellbeing – DU
	Yin Yoga	4.45 - 5.45pm	Wellbeing – DU

If you enjoy the session and want to book for the 8 weeks please go to:

www.sport.manchester.ac.uk/fitness/activeman

For more information email:

healt.fitness@manchester.ac.uk

AR = Activity Room G.66
DU = Dual Usage room G.65
LGR= Large Group Room 1.63



- 1 Wellbeing Rooms – Sackville Street Building**
Sackville Street Building
- 59 Wellbeing Rooms – Simon Building**
Brunswick Street
- 69 UoM Sport Head Office**
Oxford Road

UoM Sport Head Office
William Kay House
333 Oxford Road
Manchester
M13 9PG

Tel: 0161 275 4962
Email: Health.fitness@manchester.ac.uk

www.manchester.ac.uk/sport

Royal Charter Number RC000797 | DW3274.09.17

