

MANCHESTER
1824

The University of Manchester

2018/19

BE ACTIVE CLASSES

WELLBEING ROOMS AND SACKVILLE STREET

 @UoMSport  UoMSport  uomspport  uom_sport

www.manchester.ac.uk/sport

BE ACTIVE SCHEDULE 2018/19

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

| Day | Class | Time | Location |
|------------------------|--------------------------|----------------------|-----------------|
| Monday | Sunrise Yoga ♥♥ | 8.00 - 9.00am | Wellbeing - AR |
| | Express Cardioblast ♥♥♥♥ | 12.00 - 12.30pm | Wellbeing - AR |
| | Tai Chi for Health ♥ | 12.00 - 12.55pm | Wellbeing - DU |
| | Express Bums & Tums ♥♥ | 12.35 - 1.05pm | Wellbeing - AR |
| | Express Bums & Tums ♥♥ | 12.00 - 12.30pm | Sackville - H11 |
| | Express Body Blast ♥♥ | 12.35 - 1.05pm | Sackville - H11 |
| | Cardio Pilates ♥♥ | 1.10 - 1.55pm | Wellbeing - AR |
| | Iyengar Yoga ♥♥ | 5.00 - 6.30pm | Wellbeing - AR |
| | Power Yoga ♥♥♥♥ | 6.15 - 7.45pm | Wellbeing - DU |
| | Pilates - Drop in ♥♥ | 5.15 - 6.00pm | Sackville - H11 |
| Tuesday | Yogalates ♥♥ | 12.00 - 12.55pm | Wellbeing - AR |
| | Cardio Pilates ♥♥ | 12.00 - 12.50pm | Sackville - H11 |
| | Express Hula Hoop ♥♥ | 12.15 - 12.45pm | Wellbeing - DU |
| | Express Bosu ♥♥ | 1.00 - 1.30pm | Wellbeing - DU |
| | Express Step blast ♥♥ | 1.00 - 1.30pm | Wellbeing - AR |
| | Ashtanga Yoga ♥♥♥♥ | 5.00 - 6.00pm | Wellbeing - AR |
| | HITT ♥♥♥♥ | 5.15 - 6.00pm | Sackville - H11 |
| | Zumba ♥♥ | 6.10 - 7.00pm | Wellbeing - AR |
| | Vin & Yin Yoga ♥ | 6.30 - 8.00pm | Wellbeing - DU |
| | Wednesday | Pilates - Drop in ♥♥ | 12.00 - 12.45pm |
| Hatha Yoga ♥ | | 12.00 - 12.50pm | Sackville - H11 |
| Indian Club Swinging ♥ | | 12.00 - 1.00pm | Wellbeing - DU |
| Express Zumba ♥♥ | | 1.00 - 1.30pm | Wellbeing - AR |
| Let's Sing (choir) ♥ | | 1.00 - 1.45pm | Wellbeing - DU |
| Pilates ♥ | | 5.00 - 5.55pm | Wellbeing - AR |
| Iyengar Yoga ♥♥ | | 5.15 - 7.00pm | Sackville - H11 |
| Hatha Yoga ♥ | | 6.00 - 7.00pm | Wellbeing - AR |
| STRONG by Zumba ♥♥♥♥ | | 7.10 - 8.00pm | Wellbeing - AR |

| Day | Class | Time | Location |
|----------|------------------------------|-----------------|-----------------|
| Thursday | Express Abs,bums and backs ♥ | 12.00 - 12.30 | Wellbeing - AR |
| | Cardioblast ♥♥♥♥ | 12.35 - 1.05pm | Wellbeing - AR |
| | Express Body Blast ♥♥ | 12.00 - 12.30 | Sackville - H11 |
| | Express Bums & Tums ♥♥ | 12.35 - 1.05pm | Sackville - H11 |
| | Express Body Blast ♥♥ | 1.10 - 1.40pm | Wellbeing - AR |
| | Power Yoga Beginners ♥♥ | 12.45 - 1.45pm | Wellbeing - DU |
| | PiYo workout ♥♥ | 5.00 - 6.00pm | Wellbeing - DU |
| | Barre Concept ♥♥ | 6.05 - 6.50pm | Wellbeing - DU |
| | Ashtanga Yoga ♥♥♥♥ | 5.15 - 6.45pm | Wellbeing - AR |
| | HITT ♥♥♥♥ | 5.15 - 6.00pm | Sackville - H11 |
| Friday | Womens Yoga ♥ | 6.00 - 7.00pm | Wellbeing - LGR |
| | Sunrise Yoga ♥♥ | 8.00 - 9.00am | Wellbeing - AR |
| | Zumba ♥♥ | 12.00 - 12.45pm | Sackville - H11 |
| | Kettlebell Conditioning ♥♥♥♥ | 12.00 - 12.55pm | Wellbeing - AR |
| | Tai Chi Ball ♥ | 12.00 - 1.00pm | Wellbeing - DU |
| | Barre concept ♥♥ | 1.00 - 1.45pm | Wellbeing - AR |
| | Iyengar Yoga Beginners ♥ | 4.30 - 5.30pm | Wellbeing - AR |
| | MMA interval training ♥♥♥♥ | 5.35 - 6.20pm | Wellbeing - AR |
| | Mindful Yoga ♥ | 4.45 - 5.45pm | 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 and to book online, go to: www.sport.manchester.ac.uk/fitness-wellbeing/be-active/fitness-classes

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-wellbeing/run-walk

At the Wellbeing Rooms

We offer the following services at very low rates

- Holistic Massage or Sport Massage
- Beauty Treatments

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

Save the date 19 May 2019 – complete Beginners very welcome
www.manchester.ac.uk/10k

For more information visit www.sport.manchester.ac.uk/fitness/wellb



TRY BEFORE YOU BUY

Week commencing – 8 October until 12 October 2018

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 Student or Staff 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 | 12.00 - 12.55pm | Wellbeing - DU |
| | Cardio Pilates | 1.10 - 1.55pm | Wellbeing - AR |
| | Iyengar Yoga | 5.00 - 6.00pm | Wellbeing - AR |
| | Power Yoga | 6.15 - 7.15pm | Wellbeing - AR |
| Tuesday | Yogalates | 12.00 - 12.55pm | Wellbeing - AR |
| | Express Bosu | 1.00 - 1.30pm | Wellbeing - DU |
| | Zumba | 6.00 - 6.45pm | Wellbeing - AR |
| | Vin & Yin Yoga | 6.30 - 7.30pm | Wellbeing - DU |
| Wednesday | Indian Club Swinging | 12.00 - 1.00pm | Wellbeing - DU |
| | Pilates | 5.00 - 5.55pm | Wellbeing - AR |
| | Hatha Yoga | 6.10 - 7.10pm | Wellbeing - DU |
| | STRONG by Zumba | 7.00 - 8.00pm | Wellbeing - AR |
| Thursday | Cardioblast | 12.35 - 1.05pm | Wellbeing - AR |
| | Express Body Blast | 1.10 - 1.40pm | Wellbeing - AR |
| | Power Yoga | 12.45 - 1.45pm | Wellbeing - DU |
| | PiYo workout | 5.00 - 6.00pm | Wellbeing - DU |
| | Ashtanga Yoga | 5.15 - 6.15pm | Wellbeing - AR |
| | Barre Concept | 6.05 - 6.55m | Wellbeing - DU |
| | Women's Yoga | 6.00 - 7.00pm | Wellbeing - LGR |
| Friday | Sunrise Yoga | 8.00 - 9.00am | Wellbeing - AR |
| | Kettlebell Conditioning | 12.00 - 12.55pm | Wellbeing - AR |
| | Tai Chi Ball | 12.00 - 1.00pm | Wellbeing - DU |
| | Barre concept | 1.00 - 1.45pm | Wellbeing - AR |
| | Mixed martial art interval training | 5.50 - 6.25pm | 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:

health.fitness@manchester.ac.uk



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

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www.manchester.ac.uk/sport

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