

MANCHESTER
1824

The University of Manchester



2017/18

NEW
ALL INCLUSIVE
MEMBERSHIP
OFFERS

BE ACTIVE **FITNESS MEMBERSHIPS** AND CLASS TIMETABLE

ARMITAGE SPORTS CENTRE

FALLOWFIELD

 @ArmitageCentre  ArmitageCentre

www.manchester.ac.uk/sport

FITNESS CLASS TIMETABLE 2017/18

Term time class programme.

Reduced timetable will be provided for vacation periods.

Day	Class	Time	Location
Monday	Legs , Bums and Tums ♥	5 - 5:55pm	Conference Room
	STRONG Zumba ♥ ♥	5 - 5:55pm	Studio
	PIYO ♥ ♥	6 - 6:55pm	Studio
	Boxercise ♥ ♥	6 - 6:55pm	Conference Room
	Cardio Conditioning ♥ ♥ ♥	8.30 - 9.15pm	Studio
Tuesday	Sunrise Yoga ♥	8.15 - 9.15 am	Studio
	Core Conditioning ♥ ♥ ♥	5 - 5:55pm	Conference Room
	Kettlebell Fitness ♥ ♥	5 - 5:55pm	Studio
	Cardio Conditioning ♥ ♥ ♥	6 - 6:55pm	Conference Room
	Rave Zumba ♥ ♥	8 - 8:55pm	Studio
Wednesday	Bums and Tums ♥	5 - 5:55pm	Conference Room
	Fitness Yoga ♥ ♥	5 - 5:55pm	Studio
	Bums and Tums ♥ ♥	6 - 6:55pm	Conference Room
	HITT ♥ ♥ ♥	6 - 6:55pm	Studio
	Boxercise ♥ ♥	8.30 - 9.15pm	Studio
Thursday	Sunrise Yoga ♥	8.15 - 9.15am	Conference Room
	Cardio Conditioning ♥ ♥ ♥	5 - 5:55pm	Conference Room
	Kettlebell Fitness ♥ ♥	5.30 - 6.25pm	Studio
	Bums and Tums ♥	6 - 6:55pm	Conference Room
	Pilates ♥	7 - 7:55pm	Studio
	Rave with Rivkah ♥	7 - 7:55pm	Conference room
Friday	P90X ♥ ♥ ♥	5 - 5.5pm	Conference Room
	Legs, Bums and Tums ♥	6 - 6:55pm	Studio
	Power Yoga ♥ ♥ ♥	7 - 7:55pm	Studio
Saturday	Legs, Bums and Tums ♥ ♥	10.15 - 11am	Conference Room
	Cardio Conditioning ♥ ♥ ♥	11 - 11.45am	Conference Room

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

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

**Pay as you
class cost**
Student £3.50
Staff £4.50
Public £5.50

Fitness suite opening times

Monday to Friday: 8am - 11pm

Saturday and Sunday: 10am - 8pm

Boxercise ♥ ♥

A fast-paced circuit incorporating boxing techniques, body weight and core exercises.

Legs, Bums and Tums ♥

A low impact class that focuses on strengthening the key muscles and tightening the glutes, thighs and stomach.

Cardio Conditioning ♥ ♥ ♥

Not for the faint hearted. This non-stop cardio workout is extreme and pushes you to your limit!

HITT ♥ ♥ ♥

High-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more body fat in less time.

Kettlebell Fitness ♥ ♥

Designed to shape the body using light weights. It's fun, fast and burns the fat with super effective results - the ultimate all over body conditioning. Kettlebells focus the core using swing, snatch and jerk action.

Pilates ♥

Develop your balance, strength and flexibility in this popular class. This class is ideal for beginners.

P90X ♥ ♥ ♥

Each workout brings a new challenge, so instead of hitting plateaus, you keep getting fitter with each class you attend! Plus, because P90X LIVE incorporates strength training, the lean muscle you'll build will supercharge your metabolism to help you burn more fat, even while you sleep!

PiYo Workout ♥ ♥

A combination of Yoga and Pilates moves performed at a fast pace giving you a cardio workout and burning unwanted body fat. It's a high intensity low impact workout will give you the results you have always wanted.

Rave with Rivkah ♥

A fun dance workout in the dark with neon lights. Optional bring your glow sticks, neon face paint. Rivkah will give you a really good rave.

Fitness Yoga ♥ ♥

Performed to music and is great for cardiovascular endurance, flexibility and core strength.

Power Yoga ♥ ♥ ♥

Power Yoga is a dynamic class that is fun as well as physically and mentally beneficial; it builds strength, flexibility and balance through a series of sequenced postures. This class is recommended for people who are fairly fit and have done a little yoga before.

Sunrise Yoga ♥

Kick start your day with an energising yoga flow session Sunrise yoga brings your body more energy and nourishes you with a positive attitude to fully prepare for the challenges of the day ahead

Zumba ♥

Fun workout with simple choreographed routines combining the mix of dances rhythms from around the world including salsa, hip hop, reggae, samba, disco plus many more.

STRONG by Zumba™ ♥ ♥ ♥

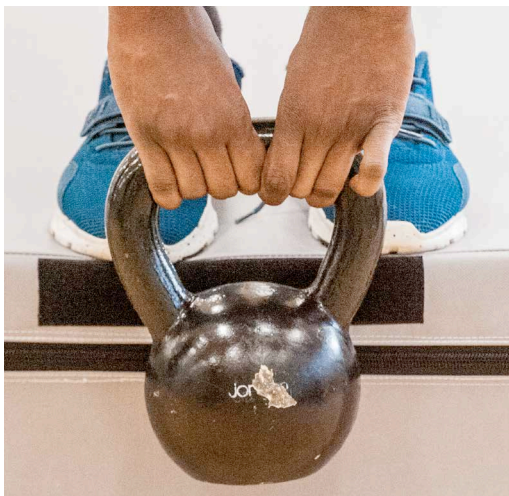
Combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Rave Zumba ♥ ♥

Zumba in the dark, it's a calorie-burning dance fitness party.

Booking classes

Fitness classes can be booked in advance, over the phone or at the Armitage Centre reception desk. Classes are open to all students, staff and members of the public.



FITNESS MEMBERSHIP OPTIONS

This year the Armitage Sports Centre is offering an all-inclusive gym and fitness class package in order to ensure the best possible health and fitness experience for our students and staff.

**New
for 2017**
All Inclusive
gym and class
memberships

2017/18

GOLD All-inclusive peak

Gold Membership

Allows you unlimited access to the fitness suite during opening times & unlimited classes from our extensive class programme.*

**Classes must be booked in advance. Terms and conditions apply.*

Student

Offer until 30 Sept

£155 (12 months)

from 1 Oct

£165 (12 months)

£150 (9 months)

Staff / Alumni

£235 (12 months)

£220 (9 months)

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SILVER Fitness Suite – off peak times

Silver Membership (classes not included)

Unlimited access to the fitness suite during off-peak times from 8am – 4pm Monday – Friday and all day Saturday and Sunday. Last entry is 40 minutes before closing time.

Student

£120 (12 months)

£110 (9 months)

Staff / Alumni

£170 (12 months)

£160 (9 months)

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BRONZE Pay as you go

Bronze Membership

This annual one off payment allows discounted rates on drop in classes and gym visits. Following purchase of the bronze membership the drop in session will be charged at the discounted pay and go member rates.

Student

Annual 12 months
initial payment

£12.50

£3.50
for off peak gym
visit or a class

£4.50
Peak gym only

Staff / Alumni

Annual 12 months
initial payment

£15

£4.50
per visit for Gym
or Class off peak

£5.50
Peak gym only

Benefits

- No Joining Fee
- No contract
- Discount on all fitness classes if on silver or bronze packages
- free Inductions (including pay and go memberships)
- Performance gym equipment
- Up to 26 classes per week
- Other membership promotions available throughout the year

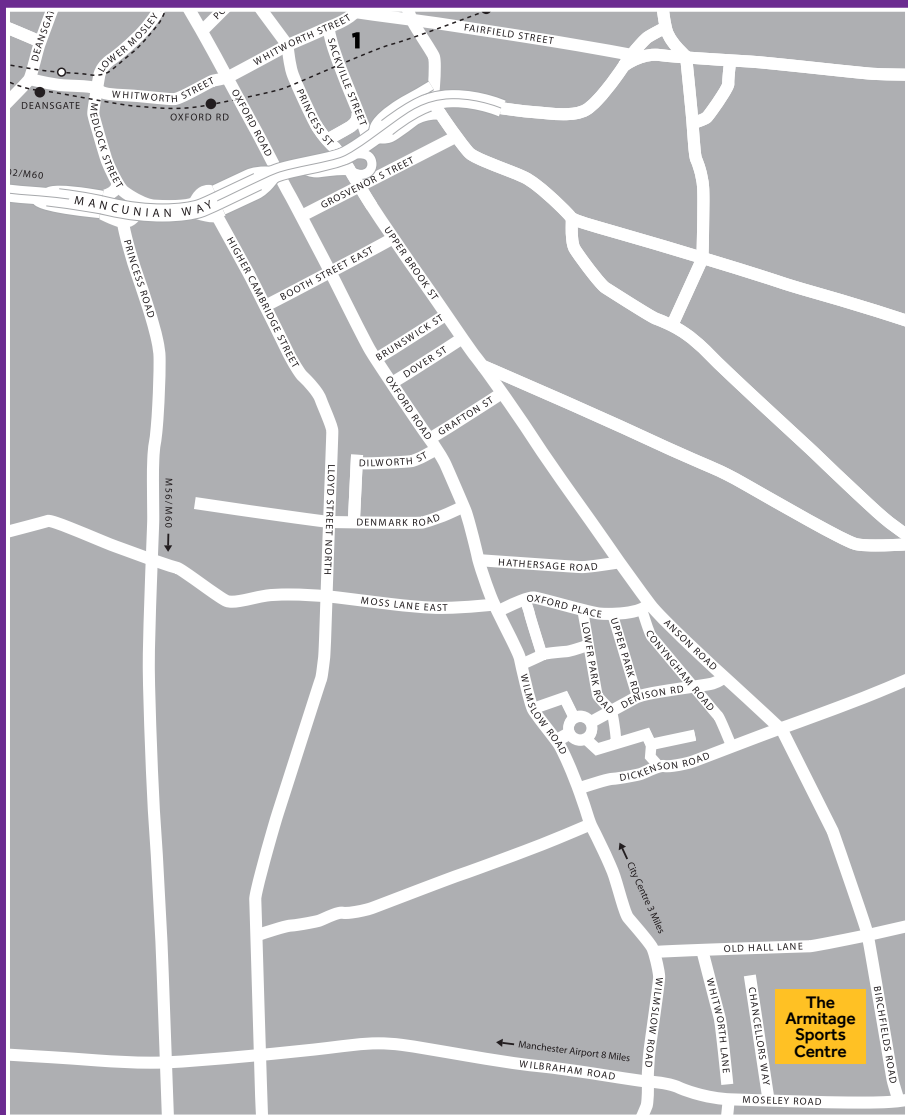
Services

- **FREE** induction into gym (Orientation)
- **FREE** induction for specific areas of the gym (free weights, Benches, Squat racks etc)
- Personal Fitness Programme (£12)
- Body mass assesment (£5)

Please note: Class only memberships are no longer available other than pay as you go options.

For more information about the Armitage Sports Centre facilities, additional membership options and location please visit our website: www.manchester.ac.uk/sport

For all membership enquiries please email: gym.armitage@manchester.ac.uk



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