International Fitness Day
Wednesday 25th September 2019
Sponsored by Sporticipate
No booking necessary - it’s on a first come basis, all participant will get entered into a prize draw with a chance of winning a Be Active 8 week course during the 1st semester or an item of Player layer sportswear.

Activity | Time | Location | Teacher
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Sunrise Yoga | 8.00 – 9.00 | Activity Room G.66 | Flo Bell
Barbell conditioning | 11.30 – 12.00 | Activity Room G.66 | Gail HM
Pilates | 12.00 - 12.45 | Activity Room G.66 | Helen Leah
Zumba | 12.50 – 12.10 (20min) | Activity Room G.66 | Helen Leah
Zumba | 1.15 – 1-40 (20min) | Activity Room G.66 | Colin Hughes
Indian club swinging | 12.50 – 12.10 (20min) | Dual Usage Room G.65 | Colin Hughes
Indian club swinging | 12.15 – 12-40 (20min) | Dual Usage Room G.65 | Harvey Kersh
Power Yoga | 13.00 – 14.00 | Activity Room G.66 | Helia Ansari
STRONG by Zumba | 17.00 – 17.20 (20 min) | Activity Room G.66 | Helia Ansari
STRONG by Zumba | 17.30 – 17.50 (20 min) | Activity Room G.66 | Khoula Samsul
Step Hitt class | 18.00 – 18.20 (20 min) | Activity Room G.66 | Khoula Samsul
Step Hitt class | 18.30 – 18.50 (20 min) | Dual Usage Room G.65 | Stacey Park
Jivamukti Yoga | 17.00 – 18.00 | Dual Usage Room G.65 | Zoe Bennett
Street Dance | 18.05 – 18.25 (20 min) | Dual Usage Room G.65 | Zoe Bennett
Street Dance | 18.30 – 18.50 (20 mins) | Dual Usage Room G.65 | Zoe Bennett

For more information please contact:
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