

Zoom & Instagram live schedule commencing 7th September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
F: Legs, Bums, Backs & Tums 12.30 – 13.00 Gail – 93924140516		F: Pilates 12.00 – 12.45 Gail - 460867753		F: Friday Flex 12.00 -12.30 Gail- 95004066433
		F: Zoomba 13.00-13.30 Helen- 899927719		
F: Cardioblast 16.00 – 16.30 Khoula -7189385149 Password – 2bF1XM	F: Athletic Pilates 16.30 – 17.15 Gail - 971 0625 3575		F: Ab burner 13.00 – 13.30 Khoula –7189385149 Password – 2bF1XM	
P: Flex Yoga 17.15 – 18.00 For access -E mail alexis flex alexisflexx@gmail.com				
	F: Zoomba 18.00-18.30 Helen -696132370	P: Iyengar Yoga (you must be able to hold inverted postures with confidence by yourself and have at least 5 years experience. 17.30 -19-00 For access-E mail clare_tunstall@yahoo.co.uk		
P: Iyengar Yoga (General level) 19.30 -20-45 For access-E mail clare_tunstall@yahoo.co.uk		F:ABC, ABS,Booty & Core 18.00 – 19.00 Khoula – 73793968981 Password – 2bF1XM		
		P: Flow Yoga 19.30 -20.45 For access-E mail V.Tunnah@outlook.com	P: Iyengar Yoga (General level) 19.30 -20-45 For access-E mail clare_tunstall@yahoo.co.uk	

F:= Free D:= Donation P:= Paid

[Description of sessions](#)

Cardioblast: Not for the faint hearted. This nonstop 30 minute cardio workout is all extreme. A workout that pushes you to your limit! Excellent for helping with weight loss and improving physical stamina. Equipment: Mat, weight (or something that can be used as weights), Water and a towel are essential!

Legs, Bums, Back and Tums: A 30 min session starting standing legs then onto the floor for some core, bums and more legs. A session to tone and strengthen. Suitable for all.

Supported Training: Join Matt and Andy this Monday (6th July) as they take you through an interactive supported workout. One will take you through the workout whilst the other will help participants with guidance and support. The session will be a 20 minute workout with a warm up and cool down.

Places are limited so follow the link in the schedule to sign up!

Booty Blast: Work your bums and core using gliders or paper or paper towels, the gliders make it just that little bit harder on your core.

Equipment: Mat, gliders weights, kettlebells, food tin cans or small filled water bottles (or small towels/or paper plates instead) a chair.

Flex Yoga: Focus the mind and increase the flexibility of the body by using classical yoga and breathing techniques in a precise way to enhance the posture

Qigong and Meditation: guided seated and standing meditation along with 'Dragon and Tiger Qigong', a relaxing and therapeutic set of ancient Chinese exercises to promote health and wellbeing.

Iyengar Yoga: Iyengar yoga focuses on alignment and precision in the asanas (postures). We practice standing postures, forward bends, twists, backbends, inverted postures and pranayama (yogic breathing exercises). You will feel calmer, energized and more alert in your body and mind after the class. This class suitable for everybody, regardless of age and fitness levels. Beginners are welcome. This form of yoga holds the postures longer thus improving flexibility, strength and sensitivity in mind, body and spirit.

Step: Step or platform needed to go up and down, over the top and round the step adding moves on and getting the heart pumping. There will also be some toning, strength exercises This is a great all over body workout.

Athletic Pilates: is for people who do regular Pilates/Yoga/Fitness type exercise at a Intermediate level. The session format is based on interval training with 1 minute exercise and 20 second rest. The moves will vary from static to flowing activity.

Equipment: A mat for floor work

HIIT: Quick blast of a mixture of Strength and cardio exercises, a variation each week or legs, core, upper body, whole body exercises. Each exercise performed is on a timer with 30-45 sec work and 10-20 sec rest in between

Barre Concept: An exercise programme that combines the precision of Pilates and Yoga with the grace and techniques of simple Ballet moves. The session elements form a challenging toning stretching and fat burning workout

Tai Chi for Health Fundamentals: 'selected tai chi based exercises to help participants understand and embody some of the basic foundations of tai chi for health and wellbeing.

Pilates: 45 minute session working the core, mobilising joints and stretching, it is suitable for all abilities as levels from 1 being the easiest to 3-5 being the hardest depending on the moves–

Zumba: Dance routines performed to music from all over the world.

ABC, Abs, Booty & Core: Super workout focusing on these 3 areas with cardio blasts. 55 minutes of sweat and fun.

Flow Yoga: This virtual class takes place via Zoom. The class is a gentle blend of breathwork, embodied movement, stillness & deep relaxation. Each week offers a different, unique sequence and focus. Suitable for beginners' and more advanced yogi's. Roll out your mat, light some incense, grab a blanket for relaxation and let's go.

AB Burner: quick blast for your stomach muscles again most weeks the exercises are timed with 30-45 sec work and 10-20 sec rest in between.

BodyBlast: 30 minutes low impact, high intensity workout that will work you from top to bottom, Weights, mat (step, optional).

Body Shaping with Weights: Using weights or filled water bottles/cans, this session will give you a targeted workout to tone those wobbly bits.

Strala Yoga: combines the movement and healing wisdom of yoga, Tai chi. It's great for stress release, strength and flexibility.

Friday Flex: A 30 minute Stretch class to get you away from your desk for ½ hr and do some chest, hip, back and leg stretches. Suitable for all.

LBT: Legs, Bums & Tums with Shelagh, working all those hard to target parts, it's a tough session so have a towel and water at the ready. Suitable for the regular exerciser.

Athletic Pilates: is for people who do regular Pilates/Yoga/Fitness type exercise at a Intermediate level. The session format is based on interval training with 1 minute exercise and 20 second rest. The moves will vary from static to flowing activity.

Equipment: A mat for floor work

Zoom Tips for you.

Make a free Zoom account through the app or the website <https://zoom.us/>

*NOTE: please join 5 minutes before the start of the class, you may not be admitted after the class has commenced as the Instructor may be distracted.

You will be in the 'waiting room' until the instructor is ready to begin the class

Turn on your device video so you can see the instructor, the instructor would like you to leave your camera on but this is entirely up to you.

Turn on 'join with audio' so you can hear the instructor *NOTE: you will automatically be muted when you join a class – please only unmute yourself at the end of the class or if absolutely necessary*or unless the Instructor ask you to unmute.

Your space

- Make sure you have a space where you can stand legs a stride and arms wide
- You can lie down fully stretch out with arms stretch above your head
- Try and position your camera where you can see the instructor and your head and shoulders are square on to the screen. Be mindful that you are not putting your neck into awkward positions.
- Keep your space ventilated and have water to hand.
- Be mindful of animals and kids getting under your feet

Please read the Fitness session disclaimer

Before you start your exercise session please read the following information.

You should consult your Doctor before starting any physical activity particularly if you have any of the following health issues

- High blood pressure or heart disease
- Bone or Joint problems that could be made worse by a change in physical activity
- Extremely overweight/underweight
- Severe Asthma
- If you are pregnant

During your workout if you experience dizziness, chest pains or any severe sharp pain during your exercise session please stop immediately and seek medical advice.

By using our fitness content/live platforms you do so at your own risk, your participation in these

Sessions are entirely voluntary and you may opt out at any given time.

All information provided from UoM Sport is of a general nature and is provided for

Educational/entertainment purposes only. No information is to be taken as medical or other health

Advice pertaining to any individual specific health or medical condition. You agree that use of this Information is at your own risk and UoM Sport DO NOT take any responsibility from any and all losses, liabilities, injuries or damages resulting from any and all claims.

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SUPPORTING UoM STAFF AND STUDENTS TO BE ACTIVE

THERE IS A RANGE OF LIVE AND PRE-RECORDED WORKOUTS, DAILY HEALTH TIPS
AND FUN CHALLENGES FOR YOU TO GET INVOLVED WITH.

TO GET INVOLVED FOLLOW US ON FACEBOOK, INSTAGRAM AND TWITTER.

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