

**Drop in classes during vacation at the Wellbeing Rooms Simon Building and The Sackville Street Building.**

**Wellbeing rooms Simon – WB Activity room and Dual Usage Room**

**Sackville Street Building – Floor H room H11**

**1<sup>st</sup> – 26<sup>th</sup> April 2019**

**Please note no classes on Friday & Monday 19<sup>th</sup> & 22<sup>nd</sup> April 2019 – Easter weekend**

Day	Class	Time	Location /room	cost	Teacher
<b>Monday</b>	Express Old School Aerobics	12.00 – 12.30pm	WB – Activity room	£2.50	Gail Heathcote-Milner
	Express Bums & Tums	12.00 – 12.30pm	Sackville H11	£2.50	Khoula Samsul
	Express Body Blast	12.35 – 1.05pm	Sackville H11	£2.50	Khoula Samsul
	Cardio Pilates	1.10 – 1.55pm	WB – Activity room	£5.00	Georgie West
	Pilates	5.15 – 6.00pm	Sackville H11	£3.50	Gail Heathcote-Milner
	Iyengar Yoga – <b>1<sup>st</sup>, 8<sup>th</sup> &amp; 15<sup>th</sup> April only</b>	5.00 – 6.30pm	WB – Activity Room	£6.50	Clare Tunstall
	Power Yoga	6.15 – 7.45pm	WB – Dual usage room	£6.50	Harvey Kersh
<b>Tuesday</b>					
<b>Tuesday</b>	Yogalates	12.00 – 12.55pm	WB – Activity room	£5.00	Karen Oakes
	Express Step Blast	1.00 – 1.30pm	WB – Activity room	£2.50	Shelagh Stedman
	Interval training	5.10 – 6.00pm	WB – Activity room	£5.00	Khoula Samsul
	Zumba	6.10 – 7.00pm	WB – Activity room	£5.00	Barbara Zusbory
<b>Wednesday</b>					
<b>Wednesday</b>	Pilates	12.00 – 12.45pm	WB – Activity room	£4.00	Gail Heathcote-Milner
	Express Zumba	1.00 – 1.30pm	WB – Activity room	£2.50	Helen Leah
	Iyengar Yoga – <b>3<sup>rd</sup>, 10<sup>th</sup> &amp; 17<sup>th</sup> April Only</b>	5.15 – 6.45pm	Sackville H11	£6.50	Clare Tunstall
<b>Thursday</b>					
<b>Thursday</b>	Express Abs, Bums & Backs	12.00 – 12.30pm	WB – Activity room	£2.50	Gail Heathcote-Milner
	Express Cardioblast	12.35 – 1.05pm	WB – Activity room	£2.50	Shelagh Stedman
	Express Body Blast	12.35 – 1.05pm	Sackville H11	£2.50	Khoula Samsul
	Express Bums & Tums	12.00 – 12.30pm	Sackville H11	£2.50	Khoula Samsul
	Power Yoga	12.45 – 1.45pm	WB – Dual usage room	£5.00	Harvey Kersh

	Express Body Blast	1.10 – 1.40pm	WB – Activity room	£2.50	Shelagh Stedman
<b>Friday</b>	Sunrise Yoga <i>12<sup>th</sup> April only</i>	8.00am – 9.00am	WB – Activity room	£5.00	Kate Tittley
	Kettlebell Conditioning <i>No class 12<sup>th</sup> April</i>	12.00 – 1.55pm	WB – Activity room	£5.00	Steve Dawson
	Barre Concept	1.00 – 1.45pm	WB – Activity room	£5.00	Georgie West
	Iyengar Yoga <i>5<sup>th</sup> &amp; 12<sup>th</sup> April Only</i>	4.30 -5.30pm	WB – Activity room	£5.00	Clare Tunstall
	Zumba	12.00 – 12.45pm	SS – H11	£5.00	Gennaro King Tella

Online store is now live for our summer courses –<http://www.sport.manchester.ac.uk/fitness-wellbeing/be-active/fitness-classes/>

Special offer ½ price 8 week courses if you book onto the Purple Wave 10k – only one course available per person

For More information on the Purple wave –

<http://sport.manchester.ac.uk/fitness-wellbeing/run-walk/purplewave/>