



Fund Raising for the Red Cross Ukraine – Be Active classes at the Wellbeing Rooms and on Zoom

UKRAINE EMERGENCY APPEAL

#STANDWITHUKRAINE

April 4th – 15th April

Recommendation donations £2.00 - £5.00+ per class.

MANCHESTER
1824

Day	Activities	Time	Location	
Monday	Express Body Blast	12.00 – 12.30	Zoom-Meeting ID: 952 2120 7850	Gail
	Express Pilates for Backs	13.10 – 13.40	Zoom- Meeting ID: 950 3938 6398	Gail
Tuesday	Express Step	12.00 – 12.30	Wellbeing Room – Simon Building G.66	Shelagh
	Yoga	13.00 – 14.00	Wellbeing Room – Simon Building G.66	Harvey
Wednesday	Mixed Pilates	12.00 – 12.45	Wellbeing Room – Simon Building G.66	Gail
	Mixed Pilates	12.00 – 12.45	Zoom - Meeting ID: 973 8664 4247	Gail
	Express Zumba	13.00 – 13.30	Wellbeing Room – Simon Building G.66	Helen
Thursday	Express Zumba	13.00 – 13.30	Zoom - Meeting ID: 945 3420 2133	Helen
	Express Bums & Tums	12.00 – 12.30	Zoom-Meeting ID: 958 1490 0989	Gail
Friday	Express Barbell Sculpt	12.00 – 12.30	Wellbeing Room – Simon Building G.66	Shelagh
	Express Zumba (<i>This will change to the Thursday on the 14th April</i>)	12.00 – 12.30	Zoom-Meeting ID: 945 3420 2133	Helen
	Friday Flex	12.35 – 13.05	Zoom-Meeting ID: 916 0438 3772	Gail

Scan the QR code to donate or click - <https://www.justgiving.com/fundraising/BeActiveUoM>



For more information please e-mail health.fitness@manchester.ac.uk