

ACCESS TO ALL ZOOM SESSIONS
17 MAY - 9 JULY 2021
ZOOM PASS £60
Offer ends Sunday 23 May 2021

MAY-JULY
2021

BE ACTIVE CLASSES

#ActiveAnywhere Zoom
In the comfort of your own space.

MORE INFO AND BOOKING

Booking essential on all classes.

For more information email health.fitness@manchester.ac.uk or visit our website.

Armitage Gold members gain **FREE** Access to Zoom sessions

Day	Class	Time	Location
Monday <small>(No classes 31 May 2021 Bank Holiday)</small>	Express Bums & Tums **	12.40 – 13.10	#ActiveAnywhere Zoom
	Express Cardioblast ***	12.00 – 12.30	#ActiveAnywhere Zoom
	Tai Chi for Health *	12.00 – 13.00	#ActiveAnywhere Zoom
	Express Pilates for Back *	13.00 – 13.30	#ActiveAnywhere Zoom
	Express Body Blast **	16.30 – 17.00	#ActiveAnywhere Zoom
	Iyengar Yoga **	17.00 – 18.30	#ActiveAnywhere Zoom
Tuesday	Express Legs, Bums & Tums ***	12.00 – 12.30	#ActiveAnywhere Zoom
	Yogalates *	13.00 – 13.45	#ActiveAnywhere Zoom
	Chair Yoga *	14.00 – 14.30	#ActiveAnywhere Zoom
	Express Body Max *	16.00 – 16.30	#ActiveAnywhere Zoom
	PiYo **	17.10 – 18.00	#ActiveAnywhere Zoom
	HIIT the Barre **	17.30 – 18.15	#ActiveAnywhere Zoom
Wednesday	Vinyasa flow *	17.45 – 18.30	#ActiveAnywhere Zoom
	Pilates Mixed Ability **	12.00 – 12.45	#ActiveAnywhere Zoom
	Tai Chi Qigong *	12.00 – 13.00	#ActiveAnywhere Zoom
	Express Zumba ***	13.00 – 13.30	#ActiveAnywhere Zoom
	Express HIIT **	17.00 – 17.30	#ActiveAnywhere Zoom
	Hatha Yoga *	18.00 – 19.00	#ActiveAnywhere Zoom
Thursday	Iyengar Yoga ***	17.30 – 19.00	#ActiveAnywhere Zoom
	Express Body Blast **	12.00 – 12.30	#ActiveAnywhere Zoom
	Express Bums & Tums **	12.35 – 13.05	#ActiveAnywhere Zoom
	Power Yoga ***	13.00 – 14.00	#ActiveAnywhere Zoom
	Athletic Pilates **	16.15 – 17.00	#ActiveAnywhere Zoom
	Yin Yoga *	17.30 – 18.15	#ActiveAnywhere Zoom
Friday	Ashtanga Yoga ***	18.00 – 19.30	#ActiveAnywhere Zoom
	Tai Chi Ball *	12.00 – 13.00	#ActiveAnywhere Zoom
	Zumba **	12.00 – 12.45	#ActiveAnywhere Zoom
	Kettlebell conditioning ***	13.00 – 13.45	#ActiveAnywhere Zoom
	Pilates Beginners *	13.00 – 14.00	#ActiveAnywhere Zoom
	Iyengar Yoga *	16.30 – 17.30	#ActiveAnywhere Zoom

* 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 may be subject to change.