

19 July – 27 August 2021
ZOOM PASS
SHORT PASS **£35**
FULL PASS **£50**
Access to all 30 minute classes including Mixed and Athletic Pilates
Access to all classes
Offer ends Sunday 25 July 2021

BE ACTIVE CLASSES

Zoom

In the comfort of your own space.

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 

[MORE INFO AND BOOKING](#) 

Day	Class	Time	Location
Monday	Express Bums & Tums **	12.40 – 13.10	Active Zoom
	Express Cardioblast ***	12.00 – 12.30	Active Zoom
	Express Pilates for Back *	13.00 – 13.30	Active Zoom
	Express Legs Bums & Tums **	17.00 – 17.30	Active Zoom
	Iyengar Yoga **	17.00 – 18.00	Active Zoom
	Express Zumba **	17.35 – 18.05	Active Zoom
Tuesday	Express Legs, Bums & Tums **	12.00 – 12.30	Active Zoom
	Tai Chi Qigong *	12.00 – 13.00	Active Zoom
	Express Body Max **	16.00 – 16.30	Active Zoom
	Beginners Pilates *	17.00 – 18.00	Active Zoom
Wednesday	Pilates Mixed Ability **	12.00 – 12.45	Active Zoom
	Express Zumba ***	13.00 – 13.30	Active Zoom
	Yogalates *	17.00 – 17.30	Active Zoom
	Iyengar Yoga ***	17.30 – 19.00	Active Zoom
Thursday	Express Body Blast **	12.00 – 12.30	Active Zoom
	Express Bums & Tums **	12.35 – 13.05	Active Zoom
	Power Yoga ***	13.00 – 14.00	Active Zoom
	Athletic Pilates **	16.15 – 17.00	Active Zoom
	Yin Yoga *	17.30 – 18.15	Active Zoom
Friday	Zumba **	12.00 – 12.30	Active Zoom
	Friday Flex *	12.35 – 13.05	Active Zoom
	Kettlebell conditioning ***	13.15 – 14.00	Active 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.