



**National Fitness Day 22nd September**  
Watch our social media and News channel for Free live activities at the Armitage Sports centre Fallowfield.  
[www.sport.manchester.ac.uk/news](http://www.sport.manchester.ac.uk/news)

# BE ACTIVE

**Free Zoom classes during September**  
from 6<sup>th</sup> September until 1<sup>st</sup> October 21

Day	Activity	Time	Zoom Link	Dates Running	Teacher
Monday	Bums & Tums	12.00 – 12.30	Meeting ID: 896 1484 4487	6th Sep – 27th Sept	Khoula
	Pilates for Backs*	13.00 – 13.30	Meeting ID: 946 5418 6359	13th Sept until 27th Sept	Gail
Tuesday	Booty Burn**	12.00 – 12.30	Meeting ID: 870 2690 5757	7th Sep – 28th Sept	Khoula
	Chair Yoga*	14.00 – 14.30	Meeting ID: 869 9858 1104		Karen
	Body Max**	16.00 – 16.30	Meeting ID: 965 5271 4782		Gail
Wednesday	Mixed Ability Pilates**	12.00 – 12.45	Meeting ID: 991 9787 2497	8th until 29th Sept	Helen
	Zoomba**	13.00-13.30	Meeting ID: 916 8688 3289		Khoula
	Band Burner**	17.00 17.30	Meeting ID: 845 5324 4255		Georgie
Thursday	BodyBlast**	12.00 – 12.30	Meeting ID: 812 0972 9200	9th until 30th Sept	Gail
	Barre Fitness**	13.00 – 13.30	Meeting ID: 811 2356 2649 Passcode: 660310		Gail
	Athletic Pilates**	16.30 – 17.15	Meeting ID: 942 8847 4682	23rd & 30th Sept	Paul
	Ashtanga Yoga taster **	18.00 – 18.30	Meeting ID: 893 1970 3833		Gail
Friday	Friday Flex *	12.00 -12.30	Meeting ID: 924 9125 7004	10th – 1st Oct	Helen
	Zoomba**	13.00-13.30	Meeting ID: 969 4446 3059		

**Class Intensity**  
\* Easy  
\*\* Med  
\*\*\* Hard

For more information on classes and the Be Active October/December paid classes please visit: [www.sport.manchester.ac.uk/sport-and-activity/fitness-classes](http://www.sport.manchester.ac.uk/sport-and-activity/fitness-classes)



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