

8 week block during Oct-Dec 2021

ZOOM PASS

FULL ZOOM PASS | FLEXI ZOOM PASS

£50 | **£65**

Access to Zoom classes | Includes access to two face-to-face classes a week

Offer ends Sunday 17 October 2021



BE ACTIVE CLASSES

Zoom and face-to-face Fitness classes

Booking essential on all classes.

For more information email health.fitness@manchester.ac.uk

or visit our website: sport.manchester.ac.uk/sport-and-activity/fitness-classes

Armitage Gold members gain
FREE Access to Zoom sessions
sportonline.manchester.ac.uk/bookings

Day	Class	Time	Location
Monday	Tai Chi for health *	12.00 – 13.00	Zoom
	Express Cardioblast ***	12.00 – 12.30	Wellbeing rooms Simon building G.66
	Express Legs, Bums & Tums **	12.40 – 13.10	Wellbeing rooms Simon building G.66
	Express Body Blast **	12.00 – 12.30	Zoom
	Express Legs, Bums & Tums **	12.40 – 13.10	Zoom
	Kettlebell conditioning **	12.15 – 13.00	Zoom
	Pilates for Backs *	12.30 – 13.15	Wellbeing rooms Simon building G.65
	Express Pilates for Backs *	13.10 – 13.40	Zoom
	Iyengar Yoga **	17.00 – 18.30	Wellbeing rooms Simon building G.66
Tuesday	Hatha Vinyasa *	18.30 – 19.15	Zoom
	Express Step **	12.00 – 12.30	Wellbeing rooms Simon building G.66
	Tai Chi Qigong *	12.00 – 13.00	Zoom
	Express Barbell Sculpt **	12.40 – 13.10	Wellbeing rooms Simon building G.66
	Express Abs, Bums & Backs *	13.00 – 13.30	Wellbeing rooms Simon building G.65
	Chair Yoga *	14.00 – 14.30	Zoom
	Yogalates **	17.00 – 17.45	Zoom
	Zumba **	17.00 – 17.45	Wellbeing rooms Simon building G.66
	Boxercise **	18.00 – 18.45	Wellbeing rooms Simon building G.66
	Ashtanga Yoga **	18.00 – 19.30	Wellbeing rooms Simon building G.65
Wednesday	Yin Yoga *	18.30 – 19.15	Zoom
	Mixed Ability Pilates **	12.00 – 12.45	Zoom and Wellbeing rooms Simon building G.66
	Tai Chi Ball *	12.00 – 12.45	Wellbeing rooms Simon building G.65
	Express Zumba **	13.00 – 13.30	Zoom and Wellbeing rooms Simon building G.66
	Indian Club Swinging **	13.00 – 13.45	Wellbeing rooms Simon building G.65
	Beginners Pilates *	16.30 – 17.15	Wellbeing rooms Simon building G.66
	Beginners Pilates *	17.00 – 17.45	Zoom
	Booty Burn & Band Burner **	17.00 – 17.45	Wellbeing rooms Simon building G.65
	Strength & Conditioning **	18.00 – 18.45	Wellbeing rooms Simon building G.65
Thursday	Iyengar Yoga ***	17.30 – 19.00	Zoom
	Sunrise Yoga **	8.15 – 9.00	Wellbeing rooms Simon building G.66
	Express Barbell Sculpt **	12.00 – 12.30	Wellbeing rooms Simon building G.66
	Express Bums & Tums **	12.00 – 12.30	Zoom
	Express Legs, Bums & Tums **	12.40 – 13.10	Wellbeing rooms Simon building G.66
	Express Body Blast **	12.40 – 13.10	Zoom
	Power Yoga ***	12.45 – 13.45	Wellbeing rooms Simon building G.65
	Power Yoga ***	13.00 – 14.00	Zoom
	Athletic Pilates **	16.30 – 17.15	Zoom
	HIIT *** (starts 28 Oct – 16 Dec)	17.00 – 17.45	Wellbeing rooms Simon building G.65
Friday	Hatha Vinyasa **	18.30 – 19.15	Zoom
	Express Zumba ** (starts 29 Oct – 17 Dec)	12.00 – 12.30	Zoom
	Kettlebell Conditioning ***	12.00 – 12.45	Wellbeing rooms Simon building G.66
	Hatha Vinyasa **	12.30 – 13.15	Wellbeing rooms Simon building G.65
	Friday Flex *	12.35 – 13.05	Zoom
	Iyengar Yoga *	16.30 – 17.30	Zoom
Barre Fitness **	17.00 – 17.45	Wellbeing rooms Simon building G.66	

* 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.