



BE Active - Christmas Zoom & Face 2 Face classes running during December 2021 & January 2022

Dates	Activity	Time	Zoom link/Location	Teacher	Free or pay teacher in class
Monday 6 th & 20 th December	CardioBlast	12.00 – 12.30	WBR G.66	Shelagh Stedman	£3.00
Monday 6 th December	Xmas LAAB (legs, abs, arms, booty)	12.30-13.10	718 938 5149	Khoula Shamsul	Free
Monday 6 th & 13 th December & 10 th , 17 th & 24 th January 2022	Pilates for Backs	13.10 – 13.40	996 1125 0709	Gail HM	Free
Tuesday 7 th & 21 st December	Step	12.00 – 12.30	WBR G.66	Shelagh Stedman	£3.00
Tuesday 14 th December	Xmas LAAB (legs, abs, arms, booty)	12.40 - 13.10	718 938 5149	Khoula Shamsul	Free
Wednesday 1 st December	Xmas LAAB (legs, abs, arms, booty)	12.00-12.40	718 938 5149	Khoula Shamsul	Free
Wednesday 8 th , 15 th & 22 nd December & 5 th & 12 th January 2022	Mixed Pilates	12.00 – 12.45	996 1125 0709	Gail HM	Free
Wednesday 8 th , 15 th , 22 nd December	Zoomba	13.00 – 13.30	926 3855 4683	Helen Dunning	Free
Wednesday 5 th , 12 th , 19 th , 26 th January	Zumba	13.00 – 13.30	WBR G.66	Helen Dunning	£3.00
Thursday 16 th December	Barbell Sculpt	12.00 – 12.30	WBR G.66	Shelagh Stedman	£3.00
Thursday 9 th December & 6 th & 13 th January	Body Blast	12.00 – 12.30	996 1125 0709	Gail HM	Free

Friday 17 th December	Bums & Tums	12.00 – 12.30	WBR G.66	Shelagh Stedman	£3.00
Friday 3 rd & 17 th December	Xmas LAAB (legs, abs, arms, booty)	12.00 - 12.40	718 938 5149	Khoula Shamsul	Free
Friday 7 th , 14 th , 21 st , 28 th January	Zoomba	12.00 – 12.30	970 6301 9258	Helen Dunning	Free
Friday 10 th & 17 th December & 7 th , 14 th , 21 st & 28 th January 2022	Friday Flex	12.35 – 13.05	996 1125 0709	Gail HM	Free

All levels welcome, if you need more information please contact health.fitness@manchester.ac.uk

Class	Description
Cardioblast	Not for the faint hearted. This nonstop 30 minute cardio workout is all extreme. A workout that pushes you to your limit! Excellent for helping with weight loss and improving physical stamina. Water and a towel are essential!
Xmas LAAB (legs, abs, arms, booty)	Work those wobbly bits, tone and strengthen. May use resistance bands or weights, but household stuff and be adapted.
Pilates for Backs	Concentrating on the posterior (back) of the body, this session will focus mainly on the back and buttock muscles with a blend of strength and stretching exercises the Pilates way. Equipment needed – mat. Other bits can be used such as small hand weights and resistance bands.
Step	Step uses a step to go up and down, over the top and round the step adding moves on and getting the heart pumping. There will also be some toning using weights and body strength. This is a great all over body workout.
Mixed Pilates	45 minute session working the core, mobilising joints and stretching, it is suitable for all abilities as levels from 1 being the easiest to 3-5 being the hardest depending on the moves–
Zoomba & Zumba	Simple dance routines performed to music from all over the world, a fun and energising class.
Barbell Sculpt	This is the perfect 30 minute class to tone those muscles throughout your body using a Barbell with your weight preference. Each workout targets your legs, arms, bums and abs, giving you a great definition, helping you tone up and build strength.
Body Blast	A 30 minutes low impact, high intensity workout that will work you from top to bottom, may use weights and bands depending what equipment you have.
Bums & Tums	Bums & Tums with Shelagh, working all those hard to target parts, it's a tough session so have a towel and water at the ready. Suitable for the regular exerciser.
Friday Flex	A 30 minute Stretch class to get you away from your desk for ½ hr and do some chest, hip, back and leg stretches. Suitable for all.