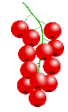




BE Active - Christmas Zoom & Face 2 Face classes running during December 2021 & January 2022

Dates	Activity	Time	Zoom link/Location	Teacher	Free or pay teacher in class
Monday 10 th & 17 th January 2022	Pilates for Backs	13.10 – 13.40	996 1125 0709	Gail HM	Free
Wednesday 5 th & 12 th January 2022	Mixed Pilates	12.00 – 12.45	996 1125 0709	Gail HM	Free
Wednesday 5 th , 12 th , 19 th , 26 th January	Zoomba	13.00 – 13.30	970 6301 9258	Helen Dunning	Free
Thursday 6 th & 13 th January	Body Blast	12.00 – 12.30	996 1125 0709	Gail HM	Free
Friday 7 th , 14 th , 21 st , 28 th January	Zoomba	12.00 – 12.30	970 6301 9258	Helen Dunning	Free
Friday 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
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.
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.
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.
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.