



# BE ACTIVE CLASSES

## Zoom and face-to-face Fitness classes

Pay as you go – book online each week

Cost: 30 min classes £3.50 / 45 min-1 hour £5.50 / 1.5 hour £8.00

or one off payment Flexi Pass (includes live and Zoom) or a Zoom only pass cost above.

Armitage Gold members gain  
**FREE Access to Zoom sessions**  
[sportonline.manchester.ac.uk/bookings](https://sportonline.manchester.ac.uk/bookings)

Booking essential on all classes.

For more information email [health.fitness@manchester.ac.uk](mailto:health.fitness@manchester.ac.uk)

or visit our website: [sport.manchester.ac.uk/sport-and-activity/fitness-classes](https://sport.manchester.ac.uk/sport-and-activity/fitness-classes)



Day	Class	Time	Location	No Classes on these date
Monday	Express Legs Bums & Tums **	12.30 - 13.00	Zoom	29 August
	Express Pilates for Backs *	13.10 - 13.40	Zoom	25 July; 1, 22 and 29 August
	Iyengar Yoga ***	17.00 - 18.30	WBR G.66	8 and 29 August
Tuesday	Hatha Vinyasa Yoga *	11.30 - 12.15	Zoom	
	Express Body Blast **	12.00 - 12.30	Zoom	28 July and 5 August
	Express Step **	12.00 - 12.30	WBR G.66	30 August
	Ashtanga Yoga ***	18.00 - 19.30	WBR G.66	28 June; 5 and 12 July; 30 August
Wednesday	Mixed Pilates **	12.00 - 12.45	WBR G.66	27 July; 3, 24 and 31 August
	Mixed Pilates **	12.00 - 12.45	Zoom	27 July; 3, 24 and 31 August
	Zumba **	13.00 - 13.30	WBR G.66	6 and 27 July; 10 and 17 August
	Zumba **	13.00 - 13.30	Zoom	17 August
	Yogalates **	16.30 - 17.30	WBR G.66	29 June
	Yogalates **	16.30 - 17.30	Zoom	29 June
Thursday	Sun Rise Yoga **	8.15 - 9.00	Zoom	30 June
	Express Barbell Sculpt **	12.00 - 12.30	WBR G.66	1 September
	Express Body Blast **	12.00 - 12.30	Zoom	30 June
	Power Yoga **	12.45 - 13.45	WBR G.65	30 June and 8 July
Friday	Zumba **	12.00 - 12.30	Zoom	8 July and 19 August
	Friday Flex *	12.35 - 13.05	Zoom	29 July; 5 and 26 August; 2 September
	Hatha Vinyasa Yoga **	12.30 - 13.15	WBR 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

WBR =

Wellbeing rooms  
Simon building

**Please note:**

Class times may be  
subject to change.