Wellbeing Classes Timetable

Tuesday 30th September – Thursday 5th December 2019

Our free Health and Wellbeing sessions are an ideal way to improve your physical health, promote positive wellbeing, develop fitness, take a break from study or work, and relax and re-energise. The low-to-moderate intensity and slower pace of our Health and Wellbeing sessions make them ideal for beginners or those returning to exercise. Booking required, see warwick.ac.uk/sport/events.

What’s on?

Students | Staff and Students

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Rise and Shine Yoga</td>
<td>08:00 – 08:45am</td>
<td>Humanities Studio</td>
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<td></td>
<td>TRIM - Mindful Running</td>
<td>16:00 – 17:30pm</td>
<td>Sports Hub, Studio 2</td>
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<td></td>
<td>Yoga for Study</td>
<td>17:30 – 18:00pm</td>
<td>Sports Hub, Multi-purpose Space</td>
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<tr>
<td></td>
<td>Yoga for Relaxation</td>
<td>18:00 – 18:30pm</td>
<td>Sports Hub, Multi-purpose Space</td>
</tr>
<tr>
<td>Thursday</td>
<td>No Kit, No Problem</td>
<td>17:00 – 17:45pm</td>
<td>Humanities Studio</td>
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Timetables are subject to change. Keep up with the latest: warwick.ac.uk/sport/events

@warwicksport

What should I wear?

You can take part in many of the Health and Wellbeing classes in your everyday clothes. Wear flat shoes with a non-slip sole for the classes involving a lot of movement. Wear a cap for sessions outdoors or in a particularly warm room. You can wear your own clothes.

What if I can’t attend every week?

No problem. You can book onto classes as you go. So we know how many to expect we encourage everyone to book online warwick.ac.uk/warwicksport-wellbeing.

Interested to find out more?

Our free Health and Wellbeing classes are aimed at those new or returning to activity and who are keen to promote healthy lifestyles. Classes will take place across the week, some are only accessible to students and some are accessible to staff and students. Class sizes are usually between 8 and 20 participants.

Several Health and Wellbeing classes are delivered across the week. Some are only accessible to students and some are accessible to staff and students. Class sizes are usually between 8 and 25 participants. Several Health and Wellbeing classes are delivered across the week. Some are only accessible to students and some are accessible to staff and students. Class sizes are usually between 8 and 25 participants.

Who else will be there?

The classes are designed to take place in groups. A session will have participants of varying ages and fitness levels. The instructor will give any additional verbal guidance or correction where necessary.

What if I can’t do any impact?

 sessions barefoot or in socks, otherwise comfortable and flat shoes with a non-slip sole are desirable.

Sessions are approximately 1 hour in length. Many will involve a specific warm up and cool down as well as low impact exercises and dance based movements, body weight exercises and stretching all in the comfort of your own clothes.

An upbeat class helping you to build resilience and release stress through a combination of low impact aerobics and dance based movements, body weight exercises and stretching all in the comfort of your own clothes.

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Health and Wellbeing Classes
These FREE classes are aimed at those new or returning to activity and who are keen to promote their health and wellbeing. Our dedicated classes led by qualified, experienced and friendly instructors will help you release stress, develop resilience and feel rejuvenated whilst gently developing your fitness and strength at a pace suitable for you.

I haven’t done anything active for a while, will these classes be too hard for me?
These lower intensity and low impact sessions have been specifically developed to ensure everyone can take part, regardless of fitness or ability. During these classes you are likely to feel a little warmer than usual and may breathe a little harder.

Who else will be there?
Several Health and Wellbeing classes are delivered across the week. Some are only accessible to students and some are accessible to staff and students. Class sizes are usually between 12 and 20 people.

What should I wear?
You can take part in many of the Health and Wellbeing classes in your everyday clothes. Wear something that you feel comfortable and can move freely in. Most people take part in the Yoga sessions barefoot or in socks, otherwise comfortable and flat shoes with a non-slip sole are desirable. For TRIM you must wear trainers and weather appropriate clothing.

What if I can’t attend every week?
Whilst we encourage you to attend weekly, these sessions allow you flexibility to attend when you can. These sessions are popular so we strongly encourage everyone to book online warwick.ac.uk/warwicksport-wellbeing.

Interested to find out more?
Contact our Health and Wellbeing Coordinator, Jina Tanton.
Email: J.Tanton@warwick.ac.uk
Phone: 07387 238350

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