

## Wellbeing Classes Timetable

Monday 06 January - Thursday 12 March 2020

Our Free Health and Wellbeing sessions are an ideal way to improve your physical health, promote positive wellbeing, develop fitness, take a break, 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/sports/events](http://warwick.ac.uk/sports/events).

### What's on?

Students | Staff and Students

#### Monday

##### Rise and Shine Yoga

 8:00 - 8:30am  
 Humanities Studio

Start Monday with gentle invigorating movement leaving you feeling refreshed and ready to tackle the week. This class can help to boost memory, concentration and productivity.

#### Wednesday

##### TRiM - Mindful Jogging

 16.00-17.30  
 Sports Hub, Studio 2

TRiM combines mindful practices with accessible intermittent walking and jogging. Learn techniques to help manage the physical and psychological effects of stress, build resilience and enhance wellbeing.

##### Yoga for Study

 17.30-18.00  
 Sports Hub,  
 Multipurpose Space

End the day with gentle movement helping you to release tension and stress and to feel refreshed and ready to have a productive end to the week.

##### Yoga for Relaxation

 18.00-18.30  
 Sports Hub,  
 Multipurpose Space

A calming style of yoga focusing on releasing, relaxing and restoring the body and mind. The class can help to reduce anxiety, release tension and improve mobility.

#### Thursday

##### No Kit, No Problem

 17.15-18.00  
 Humanities Studio

A fun and 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 clothing.

Timetables are subject to change.

Keep up with the latest: [warwick.ac.uk/sport/calendar](http://warwick.ac.uk/sport/calendar)

## Health and Wellbeing Classes

These FREE classes are aimed at those who are new or returning to activity and who are keen to promote positive health and wellbeing. Our dedicated classes led by qualified, experienced and friendly instructors will help you release stress, develop resilience and feel reinvigorated 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 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 8 and 12 people with a maximum number of 20.

### 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.

### 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. So we know how many to expect we encourage everyone to book online [warwick.ac.uk/warwickssport-wellbeing](http://warwick.ac.uk/warwickssport-wellbeing).

### Interested to find out more?

Contact our Health and Wellbeing Coordinator, Jina Tanton.

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