OUTDOOR FITNESS CLASSES TIMETABLE
13 JUNE TO 18 SEPTEMBER 2022

Have fun and stay active in the fresh air this summer with our new outdoor class programme at the Sports and Wellness Hub. Daily outdoor classes, delivered by our motivational instructors, to keep you energised and smiling (even if it's raining!) Book online

Stay active outdoors
Located at the netball courts at the Sports Hub
Pre-book your class online at warwick.ac.uk/fitnessclasses

Strength & Sculpting
A sculpting class that targets the entire body. Designed to strengthen and tone you from head to toe.

Energising & Challenging
High energy, endurance improving class that increases general fitness.

MONDAY
Outdoor HIIT
14:30 - 15:00
Netball Court 1

TUESDAY
Outdoor Bootcamp
09:00 - 09:40
Netball Court 1

WEDNESDAY
Outdoor Circuits
14:30 - 15:10
5-a-side Pitch 1

THURSDAY
Outdoor Bootcamp
13:00 - 13:40
5-a-side Pitch 5

FRIDAY
Outdoor Circuits
18:15 - 18:55
Netball Court 1

Timetables are subject to change. Book a class or keep up with the latest information online at warwick.ac.uk/sport
TERMS & CONDITIONS

• Classes on the timetable may be subject to change and, in the event of adverse weather, we may have to cancel a class at short notice. We will post any updates on our Facebook group.

• It is your sole responsibility to ensure that you dress appropriately for the weather. This includes (but not limited to) waterproof clothing and wearing suncream.

• By participating in our outdoor classes, you confirm that you are 18 or over. You recognise that there is always an element of risk(s) involved with any physical activity and you are choosing to participate at your own risk.

• You should CEASE participation in the exercise and seek immediate medical assistance (as required) if: (i) at any time during a session you feel discomfort or pain; (ii) any time before the exercise you feel discomfort or pain; and/ or (iii) you have an underlying medical or health condition.

• You are advised NOT to participate in the exercise if (without limitation) any of the following applies: you are pregnant or have given birth in the last 6 months, you have heart problem(s), back problem(s), high or low blood pressure, high cholesterol, headaches/dizziness or a fainting feeling when you carry out exercise, epilepsy, diabetes, or if you experience pain or limited movements in any joints (knees, for example).

• Warwick Sport is not responsible or liable to you for any injury or harm you sustain as a result of our outdoor classes unless Warwick Sport or any affiliated entity are proven to be legally liable for such injury or harm. Warwick Sport terms and conditions apply.

Important things to know

• There will be a maximum capacity of 20 participants per outdoor class.

• Access to toilets, changing facilities or water fountains is via the Sports and Wellness Hub.

• Customers are advised to bring their own water bottle as there is no external access to water fountains.