

OUTDOOR FITNESS CLASSES

For members and pay as you go customers at the Sports and Wellness Hub – so you can keep active in the open air!

Simply pick a class and book online at warwick.ac.uk/services/sport/login



Stay active outdoors



Located at the netball courts at the Sports Hub



Book your session online

MON

Outdoor Legs, Bums & Tums

10:45 - 11:45

Nicola

TUE

Outdoor Circuits

07:00 - 07:45

Lisa

Outdoor Body Combat™

18:00 - 18:45

Charlotte

WED

Outdoor Zumba

12:00 - 13:00

Fereshte

THU

Outdoor Circuits

13:00 - 13:45

John

Outdoor Bootcamp

18:00 - 18:45







Lisa

Strength & Sculpting

Energising & Challenging

Fun & Sociable

CHOOSE THE RIGHT CLASS FOR YOU!

| CLASS NAME | INTENSITY RATING | DESCRIPTION | EQUIPMENT NEEDED |
|-------------|---|--|---|
| Body Combat |  | A high-energy, non-contact martial arts inspired workout. | |
| Circuits |  | High-intensity aerobics where you'll move quickly to the next exercise. | |
| LBT |  | Exercises to tone up and target the abdomen and lower body. |  |
| Zumba |  | Latin dance fitness including toning, strengthening and cardio. A fun fitness fiesta where music is the key ingredient. | |
| Bootcamp |  | A combination of circuit and HIIT-style training utilising body weight exercises to challenge all the major muscle groups. | |

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 members-only Facebook group.
- It is your sole responsibility to ensure that you are wearing weather appropriate clothing.
- 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 25 participants per class.
- Classes must be pre-booked online.
- Social distancing measures will be in place at all times. Please do not arrive early and leave as soon as the class has finished.
- Sanitiser spray will be available.