

# Staff Wellbeing Physical Activity Programme – Autumn 2024

## Week Commencing 16<sup>th</sup> September 2024

The Staff Wellbeing Physical Activity Programme will return for Autumn on week commencing 16<sup>th</sup> September 2024.

Our Autumn Staff Summer Wellbeing Programme see the return of your favourite classes.



The programme details are below

Class	Day	Time	Studio	Instructor	Start date	Duration	Price
Zumba	Monday	13.10 – 13.55	PEC Studio 1	Heather	16 <sup>th</sup> Sept – 9 <sup>th</sup> Dec	12 weeks *break 28 <sup>th</sup> Oct*	£48
Pilates	Tuesday	13.00-13.50	PEC Studio 3	Asdis	17 <sup>th</sup> Sept – 10 <sup>th</sup> Dec	12 weeks *break 29 <sup>th</sup> Oct*	£48
Yoga	Wednesday	13.00-13.50	PEC SnackBar	Treasa	18 <sup>th</sup> Sept – 11 <sup>th</sup> Dec	12 weeks *break 30 <sup>th</sup> Oct*	£48
Strength for All <b>Term 1</b>	Thursday	07.00 – 07.45	PEC GTZ	Michael	19 <sup>th</sup> Sept – 24 <sup>th</sup> Oct	6 weeks	£36
Strength for All <b>Term 2</b>	Thursday	07.00 – 07.45	PEC GTZ	Michael	7 <sup>th</sup> Nov- 12 <sup>th</sup> Dec	6 weeks	£36
Tone N Trim Hybrid	Thursday	13.10 – 13.55	Studio 1 & Online	Heather	19 <sup>th</sup> Sept – 12 <sup>th</sup> Dec	12 weeks *break 30 <sup>th</sup> Oct*	£48

Please note, places will be allocated on a first come, first serve basis.

- **Zumba:-** fuses aerobic, conditioning and dance training exercises to a mixture of Latin and International music. This is an exciting, high energy class which is suitable for all fitness levels. You will have so much fun, you won't believe it's a workout!
- **Yoga:-** you will be led through progressive Hatha Yoga with modifications for all. It will challenge & increase your strength & flexibility, while focusing on relaxation & mindfulness.
- **Pilates:-** for everyone wanting to build up core, back & glute strength with control & without impact. With moves that will focus on posture alignment & engagement of the muscles.
- **Tone & Trim:-** a progressive class using resistance and stretching exercises for precision firming and muscle conditioning, it provides an intense, non-cardio workout that targets all the major muscle groups. This class can be joined in person or online, depending on what best suits you that day.

- **Strength for all:**- Our Strength for all course will provide the perfect platform for you to achieve your fitness goals. This class includes using Dumbbells, Barbells & bodyweight to challenge all major muscle groups to become stronger.

**If possible please bring your own exercise mat for the classes at Queen's Sport**

**Changing Facilities and Showers are provided at Queen's Sport..**

**Who are the classes suitable for?** All ages/genders and levels of fitness, if you want to find out more about any of the sessions in advance of registering, please contact Course Enquiries at Queen's Sport: [courseenquiries@qub.ac.uk](mailto:courseenquiries@qub.ac.uk).

**Registration and Payment:** Booking and payment can be made via the online payment system [here](#). You will be also asked to complete a short health questionnaire when making the payment. **This must be completed before taking part in the classes.**

You will receive an email confirming the venue for the classes the week before the classes begin. The link to the hybrid Tone N Trim classes will be circulated on 16<sup>th</sup> September 2024