**Staff Wellbeing Physical Activity Programme – Spring 2025**

**Week Commencing** **28th April 2025**

The Staff Wellbeing Physical Activity Programme will return for Winter on **week 28th April 2025**.



The programme details are below

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Class | Day | Time | Studio | Instructor | Start date | Duration | Price |
| Zumba | Monday | 13.10 – 13.55 | PEC Studio 1 | Heather | 28th April to 23rd June | 7 Classes\*no classes on 5th May & 2nd June\* | £35 |
| Pilates | Tuesday  | 13.00-13.50 | PEC Studio 3 | Asdis | 29th April to 24th June | 9 weeks  | £45 |
| Yoga | Wednesday | 13.00-13.50 | Studio 3 | Treasa | 30th April to 25th June | 9 weeks | £45 |
| Strength for All  | Thursday | 07.00 – 07.45 | PEC GTZ | Michael | 1st May to 19th June | 8 weeks | £48 |
| Tone N Trim Hybrid | Thursday | 13.10 – 13.55 | Studio 1 & Online | Heather | 1st May to 26th June | 7 Classes\*no classes on 8th May & 5th June\* | £35 |

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.

**Registration and Payment:** Booking and payment can be made via the online payment system [here.](https://qubuk.estore.flywire.com/products?storeCatalog=16303)  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 **28th April 2025.**