



SWIM FITNESS



SPRINT

UNIVERSITY OF
BIRMINGHAM
SPORT & FITNESS



14+ CLASSES

Many of the classes on our timetable are suitable for ages 14+. We also offer teen specific classes such as Teen Strength Training. You can find our full selection of 14+ classes on our PDF timetable via the link below:

CLASSES AVAILABLE MORNING, LUNCHTIME AND EVENING

Classes range from intense 30 minute HIIT workouts and quick 45 minute sessions, to a huge variety of classes of 60 minutes or more.

FOR THE FULL TIMETABLE VISIT sportandfitness.bham.ac.uk/timetables

PAY & GO PRICES

Classes are included in an Inclusive membership, otherwise, just add them to your account using Pay & Go. If you're new to classes, there's the great option to buy one class voucher at a time. Or with so much choice on offer, you'll see why there's the option to save money and buy 60 at a time.

You can book classes 7 days in advance so you can plan ahead and create an inspirational workout routine!

	1 class	10 classes	20 classes	40 classes	60 classes
	1 week expiry	6 month expiry	1 year expiry		
Student	£4.95	£42	£72	£130	£180
Member	£5.60	£46	£80	£145	£198
UoB staff	£5.95	£49	£84	£152	£207
Pay & Go	£6.95	£59	£102	£185	£252

PURCHASING A VOUCHER

Visit sportandfitness.bham.ac.uk/classvouchers. Click 'buy vouchers' and log in using your email address and PIN. If you have forgotten your PIN or want to request a new one, click the 'follow your PIN' link. Choose which voucher you would like to purchase and proceed with payment.

1 class = 1 voucher. Your voucher can be used at any time provided it is within the validity period.

Vouchers can also be purchased at reception.

DOWNLOAD OUR UB SPORT & FITNESS APP FOR THE MOST UP TO DATE TIMETABLE AND TO BOOK CLASSES.

Book online at sportandfitness.bham.ac.uk up to 14 days in advance for members, and 7 days in advance for Pay & Go.

OPENING HOURS

	Opening Hours	Peak Hours
Monday–Friday	06.00–22.30	11.30–13.30 15.30–20.00
Saturday	07.00–20.00	08.30–13.00
Sunday	07.00–20.00	All day off-peak

T&Cs: Participants are required to comply with the University of Birmingham Sport & Fitness terms and conditions. These are available from reception or online.

- UP TO 200 CLASSES A WEEK
- 5 STUDIOS
- EXPERT INSTRUCTORS
- HUGE RANGE OF CLASSES
- ALL AGES AND ABILITIES

CLASSES

SWEAT IT, SHAKE IT, STRETCH IT

JOIN THE CONVERSATION @ubsportfitness    

DISCOVER MORE AT sportandfitness.bham.ac.uk

Full Partner

LesMILLS

DEVELOP YOUR MIND AND BODY

Classes run seven days a week, throughout the day in our five light and spacious studios which are fully equipped with everything you need. With a range of classes including cardio, toning, holistic / flexibility, dance, aqua, and small group training, it’s the perfect way to add variety to your routine.

TONING

Tone™ ★ ○
Tone is the perfect mix of cardio, toning and core training with great music and a huge variety of exercises. Ideal for beginners.

Barre ★ ○
A ballet inspired 30-minute workout, designed to shape and tone all muscles, and build core strength.

Body Pump™ / Beginners Body Pump™ ‡
The original barbell workout that challenges all your major muscle groups by using squats, presses, lifts and curls, all to great music! Dedicated classes for beginners and international participants available.

Abs Tone ★ ○
Abs Tone focuses on strengthening and toning exercises for your mid-section using your bodyweight and equipment.

LBT Tone / Beginners LBT ★ ○
LBT Tone sculpts and tones your body using equipment, light weights and body weight exercises, targeting the legs, bum and tummy.

CX Worx™ ‡ ○
For an amazing stomach, great glutes and toned upper arms. CX Worx uses resistance tubes, weight plates, body weight exercises, crunches and hovers to a great playlist.

DANCE

Body Jam™ ♥
A cardio dance workout that sets you free! An addictive fusion of the latest dance styles and hottest new sounds. The emphasis is on having fun and breaking a sweat, where funky instructors teach you to move with attitude.

Sh'Bam™ ★
A hilariously fun, varied and easy to follow dance workout – no dance experience required! Encouraging instructors and music will make you forget you’re exercising! For all ages and abilities.

Zumba ★
Zumba combines Latin and international music with dance for a fun way to burn calories.

Zumba Step ♥
An amazingly fun combination of Zumba and Step that tones and strengthens your legs, improving your cardio fitness with all the added flair of Zumba.

CARDIO

Body Attack™ ‡ ♥
A high-energy sports cardio workout to amazing music. Body Attack uses interval training with athletic, aerobic, agility and strength movements for amazing fitness results.

Body Combat™ ○ ♥
An empowering, stress-relieving martial arts inspired workout that is completely non-contact. Moves are inspired from Karate, Muay Thai, Capoeira, Boxing and Kung Fu.

Circuits ‡ ○
Many varied exercise stations are used for short intervals, building mobility, strength and stamina. Experienced instructors demonstrate and coach all the moves throughout.

Campus Circuits ○
An outdoor circuits class with a balanced mixture of strength and cardio, tailored to your fitness level.

Boxercise ○
Boxercise fuses a group cardio work out with pumping music followed by a boxing and fitness circuit for great results.

Grit™ ‡ ♥
A 30 minute High Intensity Interval Training (HIIT) circuits based workout, designed to improve fitness fast and build lean muscle.

Body Step ♥
In Body Step you combine fun and basic stepping moves with burpees, push-ups and weight plate exercises to work the whole body.

Beginners Cycle ★
Perfect for those new to indoor cycling, take this workout at your pace with experienced instructors, who will help with the essentials of bike set up. All of our cycle classes are a great workout with minimum impact on your joints.

Cycle ♥
An indoor cycling class set in our Cycle Studio with enthusiastic instructors powering you along.

RPM™ (Cycle) ♥
A fun, challenging and varied cycling workout to energetic music that delivers maximum results.

Sprint™ (Cycle) ‡ ♥
A HIIT workout on a bike with rapid results and minimal joint impact.

SMALL GROUP TRAINING

Women’s Weights ★ ‡
For women wanting to learn the basics of barbell based movements to improve fitness, strength and body composition.

Strength Training / Intro to Strength Training ‡
Designed to develop and improve strength in small groups, utilising key moves such as deadlifts, squats, and presses.

Total Body HIIT ‡ ♥
This High Intensity Interval Training class focuses on exercises such as box jumps, rope pulls and plyometric press-ups and will take your fitness to the next level.

Glutes and Legs / Arms and Abs / Upper and Lower Body Conditioning ○ ‡
Improve your strength within these focus areas with dedicated circuits based exercises.

Squats and Deadlifts ‡
Improve your strength and technique through personalised progressive programming.

Barbells ‡
A class to learn and improve the technical aspects of the Olympic weightlifting movements such as the snatch, clean and jerk and related lifts such as front squats, back squats and deadlifts. All abilities welcome.

HOLISTIC / FLEXIBILITY

Body Balance™ ★ ○
Body balance is a calming combination of Flow Yoga, Tai Chi and Pilates, building flexibility and strength set to beautiful music.

Hatha Yoga ★
Hatha incorporates steady paced stretching, poses and breathing exercises. Great for all abilities.

Beginners / Women’s Yoga ★
Both of these classes act as a great introduction to Hatha Yoga with some light Pilates – perfect for newcomers, those returning to exercise, or those looking to develop their practice further. Women’s Yoga is led by an experienced female instructor.

Wake Up Yoga ★ ○
An early morning Hatha/ Flow inspired yoga incorporating stretches, flowing poses and breathing exercises setting you up for the day – this class is perfect for all abilities.

Flow / Vinyasa Yoga ○
Encouraging instructors help you to co-ordinate breath with a flow of movement between poses. A great way to improve fitness, flexibility and wellbeing. Perfect for beginners and those already used to yoga poses.

Iyengar Yoga ★ ○
A slower paced style of yoga, where postures are held for longer periods of time with clear coaching of breath and alignment. Equipment is used to allow all abilities to achieve the postures and to develop flexibility and core strength.

Ashtanga Yoga ‡ ♥
A vigorous and athletic style of yoga, which involves synchronising the breath with a progressive series of postures. Ashtanga is a natural progression from Flow Yoga working with a handstand / headstand specialist.

Pilates / Beginners Pilates ★ ○
A great class for strengthening the deep core muscles in your back and stomach, using breath to increase the intensity. The perfect class for those recovering from injuries and increasing wellbeing.

Tai Chi ★
A Yang style Tai Chi class. Through a low impact, mind-body series of movements, you will learn relaxation techniques to keep fit and improve your wellbeing.

AQUA

Aqua Fit ★ ○
A fun cardio class with none of the impact, toning your body using the resistance of water. Instructors keep the workout varied and challenging using aqua equipment.

Swim Fitness ‡ ♥
An interval based class in the pool building speed and endurance using different strokes and water skills. For those confident in swimming multiple lengths of front crawl in the deep pool.

Aqua Natal ★
Aqua Natal is a blend of relaxation, exercise and fun for mums-to-be.

Aqua Zumba ★
Aqua Zumba is a low-impact, high-energy aquatic class set to heart-pumping Latin music.

KEY

‡ STRENGTH ○ CORE ♥ HIGH CALORIE BURN

★ LOW IMPACT / LOW-MODERATE INTENSITY / PREGNANCY / BEGINNERS / RETURNING FROM INJURY

™ LES MILLS CLASS