

UNIVERSITY OF
BIRMINGHAM



Active Lifestyle

2008–2009 programme

Group exercise to music and introduction to sport



The feel
good factor

Fitness classes

Time	Class	Level	Venue	Term 1	Xmas	Term 2	Easter	Term 3	Summer
Monday									
12.00–13.00	Studio Cycling	All	Gym	Chris					
12.30–13.00	Half hour LBT	All	DS	Michelle					
13.00–14.00	Salsa Aerobics Xplosion	All	DS	Michelle					
13.00–14.00	Conditioning Pilates Style	Int	Slater	Claire					
13.00–14.00	Conditioning Pilates Style	All	Slater		Claire				
13.00–14.00	Circuits at Lunch	All	OG	Sam					
13.00–14.00	Studio Cycling	All	Gym	Chris					
16.30–17.30	Bollywood / Bhangra Dance	All	DS	Vin					
17.00–18.00	Pole Fit (female only)	All	CF						
17.00–18.00	Iyengar Yoga	All	Dojo	Graham					
17.30–18.30	Boot Camp Circuits	All	DS	Chris					
18.30–19.30	Starting Again	Beg	DS	Claire					
19.30–20.30	Pilates	All	DS	Esther					
20.30–21.30	Pilates	All	DS	Esther					
Tuesday									
07.30–08.30	Studio Cycling	All	Gym	Chris					
12.00–13.00	Gentle Hatha Yoga	Beg	Dojo	Jill					
12.30–13.00	30 Minute Abs workout	All	DS	Kat					
13.00–14.00	Dynamic Hatha Yoga	Int	Dojo	Jill					
13.00–14.00	Tonezone	All	Slater	Kat					
13.00–14.00	LBT, then stress free	All	DS	Claire					
17.00–18.00	Intro to Studio Cycling	Beg	Gym	Hema					
17.00–18.00	Iyengar Yoga	All	Dojo	Graham					
17.30–18.30	Step Charge	Int/Adv	DS	Vicky					
18.00–19.00	Studio Cycling	Beg/Int	Gym	Paul					
18.00–19.00	Iyengar Yoga	All	Dojo	Graham					
18.30–19.30	Total Body Conditioning	All	DS	Hema/ Vicky					
18.30–19.30	Circuits 4 All	All	OG	Chris					
Wednesday									
10.00–11.00	Pilates	All	Dojo	Esther					
12.00–13.00	Body Sculpt on the ball	All	Slater	Chris					
12.00–13.00	Hatha Yoga	All	Dojo	Robin					
12.00–13.00	Lunch Tapas	All	DS	Claire					
13.00–14.00	Astanga Yoga	Int/Adv	Dojo	Robin					
13.00–14.00	Hula Aerobics	All	DS	Tracey					
13.00–14.00	Conditioning Pilates Style	All	Slater	Claire					
13.00–14.00	Studio Cycling	Beg/Int	Gym	Chris					
17.00–18.00	Studio Cycling	All	Gym	Sam					
17.15–18.15	Boxercise	All	DS	David					
18.15–19.15	Hip Hop	All	DS	Jo					
19.15–20.15	Breakdancing	All	DS	Marso					

Fitness classes (continued)

Time	Class	Level	Venue	Term 1	Xmas	Term 2	Easter	Term 3	Summer
Thursday									
07.30–08.30	Early Bird Aerobics	All	DS	Kat					
11.00–12.00	Pilates	All	DS	Esther					
12.00–13.00	Step and Tone	All	DS	Esther					
12.00–13.00	Yogalates	All	Dojo	Nick					
13.00–14.00	Yogalates	All	Dojo	Nick					
13.00–14.00	Back to abs	All	Slater	Sam					
13.00–14.00	BodyTone	All	DS	Claire					
13.00–14.00	Studio Cycling	All	Gym	Esther					
16.00–17.00	Pranayama Yoga	All	Dojo	Olga					
17.00–18.00	Pranayama Yoga	All	Dojo	Olga					
17.00–18.00	Studio Cycling	All	Gym	Paul					
17.30–18.30	Circuit Workout	Int/Adv	OG	Chris					
17.30–18.30	Reality Robics	All	DS	Hema					
18.00–19.00	Studio Cycling	Int/Adv	Gym	Paul					
18.30–19.30	Yoga Fitness	All	DS	Michelle					
19.40–20.40	Easy Step Party	All	DS	Michelle					
Friday									
12.00–13.00	Salsa	All	DS	Thomas					
12.00–13.00	Hatha Yoga	All	Dojo	Natalie					
12.00–13.00	Belly Dancing	All	Slater	Nicola					
13.00–14.00	Step Xplosion	All	DS	Michelle					
13.00–14.00	Conditioning Pilates Style	All	Slater	Hema					
13.00–14.00	Hatha Yoga	All	Dojo	Natalie					
17.00–18.00	Studio Cycling	All	Gym	Sam					
17.30–18.30	20 20 20	All	DS	Esther					
Saturday									
11.00–12.30	Best of Both	All	DS	Hema					
Sunday									
09.30–11.00	Iyengar Yoga	Int/Adv	Dojo	Graham					

Venue Key:

DS: Dance Studio, **OG:** Old Gym, **CF:** Custard Factory, : classes taking place

Instructor names shown will continue throughout the year where possible.

Please note that instructors availability may change throughout the term. We will endeavour to arrange suitable cover for these classes and where necessary replace with a similar class.

If for any reason, we have to cancel a class, your account will be credited so that you will be able to attend another class for free the following term.

If a course is withdrawn from the programme altogether you will be eligible to receive a refund for the number of classes scheduled after this date.

Sports courses

Time	Class	Level	Venue	Instructor	Term 1	Term 2	Term 3	Summer vacation
Monday								
13.00–14.00	Squash	Int	SqC	Mike				
13.00–14.00	Tennis	Beg	TC/SH	Les				
14.00–15.00	Tennis	Int/Adv	TC/SH	Les				
15.00–16.00	Tennis	Int/Adv	TC/SH	Les				
16.00–17.00	Squash	Beg	SqC	Mike				
16.00–17.00	Swimfit	Int/Adv	Pool	Gary				
16.15–17.15	Trampolining	Beg	NG	Club				
17.00–18.00	Football	All	3G	Alex				
Tuesday								
10.00–11.30	Fencing	Beg-Int	OG	Mike				
15.00–16.00	Badminton	Beg	NG	Dave				
16.00–17.00	Womens football	All	3G	Alex				
16.15–17.15	Badminton	Int	NG	Dave				
17.00–18.00	Mixed Lacrosse	All	3G	Club				
17.30–18.30	Basketball	Beg/Int	SH	Club				
Wednesday								
9.00–10.00	Tennis	Beg	TC/SH	Les				
10.00–11.00	Tennis	Int/Adv	TC/SH	Les				
11.00–12.00	Tennis	Int/Adv	TC/SH	Les				
11.00–12.00	Badminton	Beg	NG	Dave				
15.00–16.00	Football	All	3G	Alex				
15.00–16.00	Gymnastics	Beg	Slater	Club				
15.30–16.30	Self Defence	Beg	Dojo	David				
20.00–21.00	Aikido	Beg	Dojo	Andy				
Thursday								
13.00–14.00	Squash	Int	SqC	Mike				
15.30–16.30	Kickboxing	Int	DS	David				
16.00–17.00	Learn to Swim	Beg	Pool	Amy				
16.15–17.15	Volleyball	Beg-Int	NG	Graham				
16.15–17.15	Sitting Volleyball	All	NG	Graham				
16.30–17.30	Kickboxing	Beg	DS	David				
18.30–20.00	Fencing	Beg-Int	OG	Mike				
Friday								
13.00–14.00	Squash	Beg	SqC	Mike				
16.00–17.00	Golf	Beg	OG	Chris J				
16.15–17.15	Trampolining	Beg	NG	Tina				
17.00–18.00	Golf	Impr	OG	Chris J				
Sunday								
16.30–17.30	Learn to swim	Beg	Pool	Amy				

Venue Key:

TC: Tennis Courts, **SH:** Sports Hall, **SqC:** Squash Courts, **NG:** New Gym, **OG:** Old Gym,

DS: Dance Studio, **3G:** 3G Sports Pitch

Please note there are no Sports courses over the Christmas vacation or Easter vacation.

Class descriptions

Fitness Courses	
20 20 20	20 minutes each of aerobics, toning exercises and abs.
30 Minute Abs Workout	A condensed abs workout you can fit in your lunch break.
Astanga Yoga	The most athletic variety of yoga, enhancing strength and flexibility.
Back to Abs	A class aimed at functional and aesthetic development of the mid section, using a range of techniques from many disciplines of fitness including martial arts, gymnastics and bodybuilding.
Belly Dancing	A dance of softness and self discovery. A mixture of natural coiling moves and choreographed routines.
Best of Both	Step aerobics followed by all over conditioning exercises and a long stretch.
Body Sculpt on the Ball	A fun and challenging workout. Discover different exercise techniques using the Swiss ball.
BodyTone	Shape, tone and sculpt your body using bands and weights for added resistance and progression.
Bollywood / Bhangra Dance	A class that teaches technique and enjoyment through dance, with movements that originate from Bhangra.
Boot Camp Circuits New	Not for the faint-hearted – to improve strength and endurance. Held inside and outside in the summer term.
Boxercise	A martial arts fitness workout with kicks blocks and punches.
Breakdancing	Thought the craze had disappeared in the 80's? Think again! Ideal for beginners/intermediate b-boys and b-girls.
Circuits at Lunch	A varied workout ideal for your lunch break!
Circuit Workout	Expect a high level of running and repetition movements against the clock. An effective means of improving cardiovascular condition and muscle tone all in one.
Circuits 4 All	A series of stations designed to improve overall strength and build stamina. A fun class for everyone.
Conditioning Pilates Style	Fantastic for strengthening stomach and back muscles, combats slouching.
Dynamic Hatha Yoga	Similar to Astanga but slightly slower in pace. Develops flexibility, muscle tone and strength.
Easy Step Party	Simple, effective routines to get you fit and active. Lots of fun!
Gentle Hatha Yoga	A great introduction to yoga, set at a slow gentle pace.
Lunch Tapas	Sample a range of different styles of classes to keep some variety in your weekly workout including step, boxing, Hi-lo and toning, to name a few!!!
Half Hour LBT	No, not a BLT sandwich, but a legs, bums and tums workout.
Hip Hop	Hip Hop routines to RnB tunes. A fun filled class that will have you working up a sweat as well as learning some great dance moves.
Hula Aerobics	A fantastic way to have fun. Twirling hoops to music whilst sculpting and toning the whole body!
Iyengar Yoga	Series of postures to increase strength, flexibility and balance.
LBT, then stress free!	Legs, Bums and Tums – followed by relaxation and a long stretch.
Pilates	Develops strong and sleek muscle tone, improves posture and flexibility.
Pranayama Yoga	Excellent for removing the daily build up of stress.
Pole Fit New	An exciting, gymnastic and beautiful form of dance, great for toning up and feeling great. No experience necessary, its just fun with the girls!

Fitness Courses	
Reality Robics	An aerobic workout which strengthens and tones using Pilates influenced conditioning exercises.
Salsa	A combination of Latin American beats, hot rhythms and sensual moves.
Salsa Aerobics Xplosion New	An aerobics based class with exciting and unique Latin moves and rhythms. Trainers, no heels please!
Starting Again	Designed for people of all ages who are returning to regular exercise. Open to non members as 'Pay as you go' £3 per class.
Step & Tone	Aerobic workout with step and resistance training exercises using bands and weights.
Step Charge	A highly energetic class packed full of fun! Burns plenty of calories and tone up fast.
ToneZone	Toning exercises using bands, weights and Swiss Ball.
Total Body Conditioning	Shape, tone and sculpt your body using bands and weights for added resistance and progression.
Yoga Fitness	Mind-body exercise – stretching yet relaxing workout.
Yogalates	Features a combination of Pilates and yoga.

Sport Courses	
Aikido	Aikido is a traditional Japanese Martial Art for all. It teaches you to use your opponents strength and aggression against them
Badminton	Learn to play badminton or to improve with top coaches; Basic instruction, training routines and friendly competitive games.
Fencing	Learn about blade-work, footwork, strategy and tactics in a safe environment.
Football	A fantastic class for brushing up on all your football skills, work on basic skills and game play with qualified coaches.
Golf	Get into the swing of things, great for complete beginners and improvers! Improve technique and lower scores, or just have some fun.
Kickboxing	A combination of boxing and martial arts. Great for strength, speed and endurance.
Learn to Swim	Learning to swim for beginners and improvers.
Mixed Lacrosse	A brilliant way to get into a new team sport, learn to play as a beginner or improve existing skills.
Self Defence	Effective defence techniques taught in a fun and enjoyable manor.
Sitting Volleyball New	Sitting volleyball is an adapted game for people with disabilities; it has held full Paralympic status since 1980. The game is excellent for players returning from injury during rehabilitation, an opportunity for all.
Squash	Keep your eye on the ball with this quick paced game! Learn to play with a top experienced coach, or develop technique and strategy.
Swimfit	For confident swimmers to perfect technique and enhance cardiovascular fitness.
Tennis	Love Wimbledon? Strawberries and cream not included. Continues in the sports hall in bad weather.
Trampoline	Brilliant to bring out that inner child whilst improving fitness! Progress from basic moves to somersaults, with a variety of fun and games.

Active Lifestyle

Active Lifestyle is the largest programme of its kind in the country, with nearly 10,000 places up for grabs each year. There's a huge variety of fitness classes, the opportunity to learn a new sport or hone existing skills. The opportunities are endless...

Active Lifestyle gets you active and enjoying taking part in physical activity, no matter what your ability. You might like to try one of our exercise classes or something more sporty. Most courses are suitable for beginners, however, for those of you who have previously completed a course of classes, intermediate and advanced options are available where indicated. Go on... give it a go!

Price rates (based on hourly classes)				
	Term 1	Term 2	Term 3	Vacations (Pay as you go)
Members and students	£22	£22	£22	£3 (per class)
Staff non-members	£33	£33	£33	£4 (per class)

Please note: 1/2 hour class: £12/£17, 1 1/2 hour class: £33/£50. Pay as you go: Operated in vacation periods only.

Staff non-members need to register at Reception prior to signing up. (Staff ID required).

Members pass

The members pass provides more flexibility and choice than ever before! If you have changeable daily work commitments and can't make set classes every week then this pass will be perfect for you. This offer is only available to members of the Munrow Sports Centre and allows unlimited access to all fitness classes with the exception of Studio Cycling and sports. Passes available from reception. Further info go to www.sport.bham.ac.uk/alp

Active Lifestyle term dates

Term 1	Mon 6 Oct 08 – Sun 14 Dec 08
Xmas vacation	Mon 15 Dec 08 – Sun 18 Jan 09 (No classes Wed 24 Dec 08 – Sun 4 Jan 09)
Term 2	Mon 19 Jan 09 – Sun 29 Mar 09
Easter vacation	Mon 30 Mar 09 – Sun 3 May 09 (No classes Fri 10 – Wed 15 Apr 09)
Term 3	Mon 4 May 09 – Sun 12 July 09 (No classes BH Monday 4 and 25 May 09)
Summer vacation	Mon 13 July 09 – Sun 4 Oct 09 (No classes BH Mon 31 Aug 09)

1. Avoid the queues – Book Online!

- You will need your student/staff/member ID number and PIN number.
- If you do not have a PIN number this can be obtained by emailing Munrow@bham.ac.uk with the subject of 'Online Booking' stating your name and student/staff/member ID Number or your PIN can be issued at the Sports Centre Reception.
- Then go to www.sport.bham.ac.uk and click 'book online' and then 'GO on the first screen. Enter your ID and PIN. Select the date of the first class that you want to attend and follow the onscreen instructions. Payment will be taken online through a secure gateway and email confirmation will be sent to you automatically.

- Course places are booked on a 'first come – first served' basis. You can sign up at anytime after the advertised signing-up start date. You will only pay for the number of classes left for that term (on a pro-rata basis). In the interest of fairness there is no pre-registration allowed.

2. Book at The Sports Centre Reception.

- Bring your staff/student/membership ID card with appropriate payment to the Sports Centre Reception. To avoid the queues – book online.

3. Class attendance

- For all classes please wear appropriate comfortable clothing and footwear. Bring along your ID card as random spot checks will be carried out throughout the year. Admissions will be refused to anyone later than 10 minutes for a class.

Information

Terms and conditions

Exchanges to another course can only be made within the first two weeks of the programme (subject to availability).

Refunds will only be given if you are unable to attend your course for medical reasons, and a doctor's note must be produced. Any courses refunded will incur a £2 charge per course.

By signing up to Active Lifestyle you are required to comply with the University of Birmingham Sport terms and conditions. Further details are available from reception or www.sport.bham.ac.uk

Pole Fit – *New*

Pole fit is brand new for this year!

This fun packed latest fitness craze has reached Active Lifestyle. The course is run in partnership with Flaunt Studios based at the Custard Factory and is great for increasing cardiovascular fitness, strength and toning.

Check out www.flauntdance.co.uk.

All classes take place at the Custard Factory.

Get yourself there by train to New Street station and then it's a short walk.

Visit: www.custardfactory.com

Comfortable clothing, a sense of humour and trainers a must!

Sitting Volleyball – *New*

Sitting Volleyball is suitable for all! Both disabled and able bodied people play. The sport forms part of the Paralympics and is very quick and exciting to play and watch. Fully qualified coaching available. For more information please contact Active Lifestyle. Everyone welcome!

Contact us

Tel: 0121 414 4117 (Munrow reception)

Tel: 0121 414 2259 (Active Lifestyle)

Tel: 0121 414 4767 (Memberships)

Email: activelifestyle@contacts.bham.ac.uk

www.sport.bham.ac.uk/alp



Map key

- 1 Munrow Sport Centre
- 2 Old Gym
- 3 Dojo (at back of old gym)
- 4 Sports Pitches

UNIVERSITY OF BIRMINGHAM

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