



# WE WILL GET THERE TOGETHER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>VIRTUAL ACTIVITIES</b>	MINDFUL MONDAY Mindfulness messages	TURBO TUESDAY Home HIIT Workouts	BOBBY'S BACKYARD BOOTCAMP Home Bootcamp Workouts	LIAM'S LOCKDOWN KITCHEN Recipes for you to try!	FEEL GOOD FRIDAY Fun stories and wellbeing advice	SWITCH OFF SATURDAY Take time out and look after you! This will help to:	STRETCH SUNDAY Home Stretching exercises can help with:
	PILATES 9.30am-10.10am Sophie LIVE on Zoom	ASK THE TRAINER 10-11am Liam	ASK THE TRAINER 10-11am Liam	ASK THE TRAINER 10-11am Liam	ASK THE TRAINER 10-11am Liam	<ul style="list-style-type: none"> <li>Improves mental wellbeing</li> <li>Reduce Stress</li> <li>Increase creativity</li> <li>Make you feel better</li> <li>Strengthen your immune system</li> </ul>	<ul style="list-style-type: none"> <li>Prevent injuries</li> <li>Improve posture</li> <li>Decrease back pain</li> <li>Reduce muscle soreness</li> </ul>
	ASK THE TRAINER 10-11am Liam	ASK THE TRAINER 11-12pm Paul	ASK THE TRAINER 10-11am Liam	ASK THE TRAINER 11-12pm Paul	ASK THE TRAINER 11-12pm Paul	Look out for tips and advice for good ways to switch off and recharge your batteries!	QUIZ TIME BINGO 7.30pm Quizmaster Shiva LIVE on Zoom
	ASK THE TRAINER 11-12pm Paul	ASK THE TRAINER 12-1pm Jamie	ASK THE TRAINER 11-12pm Paul	ASK THE TRAINER 12-1pm Jamie	ASK THE TRAINER 12-1pm Jamie		
	ASK THE TRAINER 12-1pm Jamie	ASK THE TRAINER 5-6pm Sophie	ASK THE TRAINER 12-1pm Jamie	ASK THE TRAINER 5-6pm Shiva	ASK THE TRAINER 3-4pm Sophie		
	ASK THE TRAINER 5-6pm Steve	ZUMBA Time 6.00pm-6.40pm Steph & Lauren LIVE on Zoom	ASK THE TRAINER 5-6pm Shiva	ZUMBA Time 6.00pm-6.40pm Steph & Lauren LIVE on Zoom	ZUMBA 4.15pm-4.55pm Sophie LIVE on Zoom		

## CHOOSE YOUR CHALLENGE...



**COUCH TO 5K**

This 3 week programme will get you running a 5k. You will be surprised that you can do it after only 3 weeks training!

Get couch to 5k ready in 3 weeks

• Increased pace  
• Keep effort and healthy  
• Increase mental wellbeing  
• Improve fitness

Follow us @UCLanSports

**IMPROVE YOUR 5K**

This 3 week programme will help you improve your 5k time by doing various interval training as well as core workouts.

Improve your 5k time in 3 weeks

• Beginner 5k improvement programme  
• 4 workouts per week  
• Keep active and healthy while improving your time  
• Increase mental wellbeing  
• Improve fitness and stamina

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**30 DAY AB CHALLENGE**

The 30 day Ab Challenge looks to improve your core strength within 30 days. Slowly increasing the workout each day to develop muscle strength.

30 CORE/ABS CHALLENGE

**RUN TOGETHER**

UCLan Run Together is a beginners (temporarily virtual) run group that will build your running ability and confidence.

UCLAN RUN TOGETHER

Been thinking about running? It's free, it's fun, so why not run? UCLan Run Together is a great place to start. UCLan Run Together is a beginner group that will build your running ability and confidence with the support of experienced runners and coaches.

Start: 10.30am - 11.30am  
Where: Sir Tom Finney Sports Centre  
Sessions are weather dependent

Contact: 01753 884400

## E-MAIL US TO FIND OUT MORE!



**UCLan Sports Arena**  
SArena@uclan.ac.uk

**Sir Tom Finney Sports Centre**  
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