

All Week

£1 GYM

Come and have a workout at the fantastic gym at The Edge for just £1 all week.
Time: 6.30 - 8.30am, 12.30 - 2pm, 4.30 - 6.00pm
Cost: £1 per visit
Location: Fitness Suite, The Edge
Booking: The Edge Main Reception

A HEALTHY START

Get double points on your Refresh card when you start your day with porridge and fruit at The Refectory. Find out more about the Refresh card at:
www.leeds.ac.uk/refreshcard
Location: The Refectory

ADD VEG!

Add a side of vegetables to your main meals all week in the newly refurbished Refectory and get your 5 a day.
Time: All day
Location: The Refectory

DOUBLE POINTS ON HEALTHY OPTIONS!

Get double points on your Refresh card when you choose a healthier option including soup, boxed salads, water and new Cranks vegetarian and gluten free sandwiches. Find out more about the Refresh card at:
www.leeds.ac.uk/refreshcard
Time: 12noon - 7pm
Location: All Great Food at Leeds Cafés

NEW TOSSED SALADS!

Have a healthy lunch with our new Tossed Salads in The Refectory. Choose a base e.g. chick peas or cous cous, then add salad items, deli items and a dressing of your choice.
Time: 11.30am - 7pm
Location: The Refectory

Monday 18 April

HIGH INTENSITY INTERVAL TRAINING

The most heart pumping, muscle shredding, sweat dripping, high intensity cardio workout you will ever do!
Time: 7.30 - 8.30am
Cost: £1
Location: Studio 2, The Edge
Booking: The Edge Reception

PILATES FOR BEGINNERS (STAFF ONLY) (FULL)

Join this taster session and give pilates a try.
Time: 12:15 - 1pm
Cost: Free
Location: Room 10.07, LOGIK Centre
Booking: Email logikcentre@leeds.ac.uk or call 34161

PILATES FOR IMPROVERS (STAFF ONLY) (FULL)

Join this taster session for beginners wanting to progress their pilates.
Time: 1:05 - 1.50pm
Cost: Free
Location: Room 10.07, LOGIK Centre
Booking: Email logikcentre@leeds.ac.uk or call 34161

INDOOR CYCLING – EASYGOING

Stay away from the elements outside with indoor cycling on static bikes. This fun session is perfect for beginners.
Time: 2.15 - 3pm
Cost: Free for Edge Members, £1 non members
Location: Studio 3, The Edge
Booking: www.leeds.ac.uk/getoutgetactive

MANAGING STRESS WORKSHOP (STAFF ONLY)

Learn new habits to help you recognise and manage stress.
Time: 2.30 - 4pm
Cost: Free
Location: Room B.09, Parkinson SR
Booking: Email y.a.bell@leeds.ac.uk

WOMEN AND WELLBEING WORKSHOP (STUDENTS ONLY)

Come and learn tools to help you prioritise your wellbeing.
Time: 3 - 4pm
Cost: Free
Location: LUU, Room 4
Booking: Just turn up

INDOOR ROWFIT – STEADY

Come and try Rowfit, a motivating session incorporating rowing machines with other exercises.
Time: 3.15 - 4pm
Cost: £1
Location: Cromer Terrace Studio
Booking: www.leeds.ac.uk/getoutgetactive

OUTDOOR GROUP RUN

Join us for a fun and friendly run outdoors at a pace that suits you.
Time: 6 - 6.30pm
Cost: Free
Location: Meet at Cromer Terrace Studio
Booking: Just turn up

Tuesday 19 April

INDOOR ROWFIT – EASYGOING

Come and try Rowfit, a motivating session incorporating rowing machines with other exercises.
Time: 12noon - 12.45pm
Cost: £1
Location: Cromer Terrace Studio
Booking: www.leeds.ac.uk/getoutgetactive

STAFF CENTRE CHOIR OPEN REHEARSAL

Come along to an open rehearsal for the Staff Centre Choir and find out what it's all about.
Time: 12.05 - 12.50pm
Cost: Free
Location: Room 10.09, LOGIK Centre
Booking: Email logikcentre@leeds.ac.uk or call 34161

BUM, LEGS AND TUMS CLASS (STAFF ONLY) (FULL)

Come along and try out this class aimed at working your bum, legs and tums.
Time: 12.05 - 12.50pm
Cost: Free
Location: Room 10.06, LOGIK Centre
Booking: Email logikcentre@leeds.ac.uk or call 34161

BREATHE

Silence is good for the soul! Try this silence based worship used by Quakers for over 350 years. With no minister, spoken prayers or expectation of a shared belief, it's a form of worship anyone can join regardless of faith.
Time: 12.30pm explanation, 1 - 1.40pm silent meditation
Cost: Free
Location: Emmanuel Centre
Booking: Just turn up

BODY COMBAT

Totally unleash with this fiercely energetic class inspired by martial arts. Strike, punch, kick and kata your way through calories to superior cardio fitness.
Time: 1 - 2pm
Cost: £1
Location: Cromer Terrace Studio
Booking: The Edge Reception

SPORTS MASSAGES

Using hands on techniques sports massage treats soft tissue and joints to increase range of movement and reduce pain.
Time: 2 - 7pm (30 minute appointments)
Cost: £15 Edge members, £18 non members
Location: Cromer Terrace Studio
Booking: The Edge Reception

BUILDING RESILIENCE WORKSHOP

Join us for a workshop on building resilience focusing on time management, self-esteem and meditation.
Time: 3 - 4pm
Cost: Free
Location: LUU, Room 5
Booking: Just turn up

INDOOR CYCLING – STEADY

Stay away from the elements outside with indoor cycling on static bikes. This is a steady intensity session.
Time: 3.30 - 4.15pm
Cost: Free for Edge Members, £1 non members
Location: Studio 3, The Edge
Booking: www.leeds.ac.uk/getoutgetactive

TAI CHI (STAFF ONLY)

Taster session for anyone who hasn't studied Tai Chi before.
Time: 5.15 - 6.15pm
Cost: Free
Location: Room 10.06, LOGIK Centre
Booking: Email logikcentre@leeds.ac.uk or call 34161

Wednesday 20 April

INDOOR ROWFIT – CHALLENGING

Come and try Rowfit; a challenging session incorporating rowing machines with other exercises.
Time: 11 - 11.45am
Cost: £1
Location: Cromer Terrace Studio
Booking: www.leeds.ac.uk/getoutgetactive

YOGA FOR BEGINNERS (STAFF ONLY)

Join this taster session and give Yoga a try.
Time: 12.15 - 1pm
Cost: Free
Location: Room 10.06, LOGIK Centre
Booking: Email logikcentre@leeds.ac.uk or call 34161

WORKING WITH STRESS WORKSHOP (STUDENTS ONLY)

Learn ways to cope with periods of high stress e.g. exams.
Time: 1 - 2pm
Cost: Free
Location: LUU, Room 4
Booking: Just turn up

HOLY COMMUNION

An opportunity to receive inner spiritual strength and healing and share in the sacrament of holy communion.
Time: 1.10 - 1.40pm
Cost: Free
Location: Emmanuel Centre
Booking: Just turn up

OUTDOOR GROUP RUN

Join us for a fun and friendly run outdoors at a pace that suits you.
Time: 2 - 3pm
Cost: Free
Locations: Meet at Cromer Terrace Studio
Booking: Just turn up

OUTDOOR CYCLE RIDE WITH THE STUDENT CYCLING CLUB

Join us for a 30 mile bike ride taking in the beautiful scenery of Leeds.
Time: 2 - 4pm
Cost: Free
Location: Meet at LUU entrance
Booking: www.leeds.ac.uk/getoutgetactive

MINDFULNESS WORKSHOP (STAFF ONLY)

Develop positive new habits and discover practical ways to stop and be in the moment.
Time: 2.30 - 4pm
Cost: Free
Location: Room 1.13, Baines Wing
Booking: Email y.a.bell@leeds.ac.uk

INDOOR KEISER CYCLE

More widely known as 'spin' this continues to be one of the hottest trends in the fitness industry.
Time: 5.15 - 6pm
Cost: £1
Location: Studio 3, The Edge
Booking: The Edge Reception

Thursday 21 April

INDOOR ROWFIT – STEADY (WOMEN ONLY)

Come and try Rowfit; a motivating session incorporating rowing machines with other exercises.
Time: 11 - 11.45am
Cost: £1
Location: Cromer Terrace Studio
Booking: www.leeds.ac.uk/getoutgetactive

PILATES

This class focuses on slow, controlled methods to tone the body, targeting the deep postural muscles, strengthening from within to improve posture and general wellbeing.
Time: 12 - 1pm
Cost: £1
Location: Studio 1, The Edge
Booking: The Edge Reception

BEGINNERS BOOTCAMP (WOMEN'S ONLY)

Come along to outdoor bootcamp combining cardio and resistance training in one great session.
Time: 12.15 - 1pm
Cost: £1
Location: Meet at Cromer Terrace Studio
Booking: www.leeds.ac.uk/getoutgetactive

HAPPINESS WORKSHOP

Come along and learn about refocusing your priorities, goals won't make you happy, you must focus on happiness!
Time: 1 - 2pm
Cost: Free
Location: LUU, Room 5
Booking: Just turn up

RELAXATION WORKSHOP (STAFF ONLY)

Come and find out some new and different ideas for relaxation.
Time: 2.30 - 4pm
Cost: Free
Location: Room 2.06, Baines Wing
Booking: Email y.a.bell@leeds.ac.uk

YOGA

Join us for a moderate intensity yoga session.
Time: 3 - 4pm
Cost: Free for Edge Members, £1 non members
Location: Cromer Terrace Studio
Booking: www.leeds.ac.uk/getoutgetactive

EBRU MARBLING (STAFF ONLY)

Try something new with Turkish Water Ebru Marbling, creating colourful patterns on paper by sprinkling colour pigments onto oily water.
Time: 3.15 - 4.45pm
Cost: Free
Location: Room 10.10, LOGIK Centre
Booking: Email logikcentre@leeds.ac.uk or call 34161

INDOOR CYCLING – STEADY

Stay away from the elements outside with indoor cycling on static bikes. This is a steady intensity session.
Time: 4.15 - 5pm
Cost: Free for Edge Members, £1 non members
Location: Studio 3, The Edge
Booking: www.leeds.ac.uk/getoutgetactive

Friday 22 April

INDOOR CYCLING CLASS – CHALLENGING

Come and join us for a fun but challenging cycle session on static bikes.
Time: 11 - 11.45am
Cost: Free for Edge Members, £1 non members
Location: Studio 3, The Edge
Booking: www.leeds.ac.uk/getoutgetactive

CLIMBING CONDITIONING CLASS

Get in shape for climbing with this class incorporating circuits with some climbing specific moves.
Time: 11 - 12noon
Cost: £1
Location: Cromer Terrace Studio
Booking: www.leeds.ac.uk/getoutgetactive

MINDFULNESS CAFÉ

The Mindfulness Café offers relaxation, craft activities, healthy snacks, herbal tea, and short guided meditations. Helping you to reconnect with clarity of purpose, sense of playfulness, creativity and inner peace.
Time: 11 - 2pm
Cost: Free
Location: Emmanuel Centre
Booking: Just turn up

BODY PUMP

The original barbell class that strengthens your entire body. Challenging all major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!
Time: 12 - 12.45pm
Cost: £1
Location: Studio 2, The Edge
Booking: The Edge Reception

HIGH INTENSITY INTERVAL TRAINING (STAFF ONLY)

Try high intensity interval training with this taster class.
Time: 12.15 - 1pm
Cost: Free
Location: Room 10.06, LOGIK Centre
Booking: Email logikcentre@leeds.ac.uk or call 34161

CONFIDENCE AND SELF ESTEEM WORKSHOP (STUDENTS ONLY)

Build your confidence and self worth in this great workshop.
Time: 1 - 2pm
Cost: Free
Location: LUU, Room 4
Booking: Just turn up

FAB ABS CLASS (STAFF ONLY)

Try this class focussing on working your abdominal muscles.
Time: 1.05 - 1.50pm
Cost: Free
Location: Room 10.06, LOGIK Centre
Booking: Email logikcentre@leeds.ac.uk or call 34161

SLEEP WORKSHOP (STAFF ONLY)

Improve your sleeping habits in this workshop and gain a healthier mind and body.
Time: 2.30 - 4pm
Cost: Free
Location: Room 1.14 Baines Wing
Booking: Email y.a.bell@leeds.ac.uk

BROGA (MEN ONLY)

Join us for a male only yoga session based around strength.
Time: 3 - 4pm
Cost: Free for Edge Members, £1 non members
Location: Cromer Terrace Studio
Booking: www.leeds.ac.uk/getoutgetactive

OUTDOOR GROUP RUN

Join us for a fun and friendly run outdoors at a pace that suits you.
Time: 3 - 4pm
Cost: Free
Locations: Meet at Cromer Terrace Studio
Booking: Just turn up

Saturday 23 April

WOODHOUSE MOOR PARKRUN

This is a community organised sociable run around Woodhouse Moor park. You can walk, jog or run!
Time: 9am
Cost: Free
Location: Woodhouse Moor Park, the corner near the Business School
Booking: Register online: www.parkrun.org.uk/woodhousemoor then just turn up

BEGINNERS ROWING TRIP TO ROUNDHAY

Join us for a beginners trip to Roundhay Park where you will get to try Rowing on the lake in stable boats.
Time: 1 - 5pm
Cost: £4
Location: Roundhay Park
Booking: www.leeds.ac.uk/getoutgetactive

Sunday 24 April

CYCLE RIDE TO ILKLEY

Join us for a day of cycling (approx. 40 miles) with lots of café stops for coffee and cake!
Time: 11am
Cost: Free
Location: LUU entrance
Booking: www.leeds.ac.uk/getoutgetactive

