

sheffield hallam get **ACTIVE!** week FEB 8-14, 2010



GET ACTIVE WEEK is a new and exciting campaign to encourage SHU students and staff to increase their levels of physical activity and challenge themselves to try something new. The back of this leaflet shows the timetable of activities, what do you fancy having a go at? So why not try something new, or get back into something you used to love! Make physical activity part of your everyday lifestyle and feel great in 2010.

Why not make a pledge for the New Year? You could walk to University instead of taking the bus, attend two fitness classes a week or do a fun run in Endcliffe Park. **Sam Gill, Sports Officer**, will be pledging to go to the gym at least three times a week and to eat less flapjack!

For more information on Get Active Week or to book please visit www.hallamunion.org or search for the Facebook group 'Sheffield Hallam Get Active Week 2010' online



WHY NOT TRY....
CANOEING, 12.30pm, Wednesday
10th Feb at Ponds Forge



ICE SKATING (Cheap Student Night),
8.00pm, Wednesday 10th Feb at Ice
Sheffield



	CAMPUS	EVENT DETAILS	TIME
MONDAY 8	City	Circus skills	08.30-09.30 / 15.00-17.00
		Express Spinning	12.30-13.00 / 13.00-13.30
		Spin	17.30-18.15
		First Steps	17.30-18.30
		Box Fit	18.30-19.30
	Collegiate	Circuit Max	17.30-18.30
		Spin	17.30-18.15
		Booty Blast	18.30-19.30
Aikido		19.30-21.30	
Other	Swimming (King Edwards Swimming Baths)	various	
TUESDAY 9	City	Contemporary Dance	19.30-20.30
		Express Spinning	12.30-13.00 / 13.00-13.30
		Circuit Max	17.30-18.30
		Map reading session for weekend walk FMC	19.30-20.30
	Collegiate	Absolute Abs	17.30-18.30
		Body Blitz	18.30-19.30
		Kickboxing	18.30-19.30
		Self Defence	19.30-20.30
Other	Swimming (King Edwards Swimming Baths)	various	
	Intro to Skiing or Snowboarding (Sheffield Ski Village)	19:00-22:00	
WEDNESDAY 10	City	Absolute Abs	12.15-13.00
		Express Spinning	12.30-13.00 / 13.00-13.30
		Yoga	13.00-14.00
		Spin	17.30-18.15
		Body Blitz	17.30-18.30
	Collegiate	Circuit Max	17.30-18.30
		Spin	17.30-18.15
		Pilates	18.30-19.30
Other	Swimming (King Edwards Swimming Baths)	Various	
	Low level Cycle Ride (Meet at Hunter's Bar entrance to Endcliffe Park)	10.30am start	
	Intro to Canoeing (Pond's Forge)	12.30-14.00	
	Intro to Sailing & Windsurfing (Winscar Reservoir)	12:00-16:00	
	Ice Skating (Ice Sheffield - Student Cheap Night)	20.00-22.00	
THURSDAY 11	City	Self Defence	12.00-13.00
		Express Spinning	12.30-13.00 / 13.00-13.30
		Body Blitz	13.00-13.45
		Jump Around	17.30-18.30
		Kickboxing	19.30-20.30
	Collegiate	Try Cheerleading	16.00-17.30
		Box Fit	17.30-18.30
		Dance Fit (in association with City Limits Dance studio)	17.30-18.30
Body Blitz		17.30-18.30	
Other	Swimming (Pond's Forge)	Various	
	Roller Skating (Skate Central, Queens Road)	TBC	
	Climbing (The Climbing Works)	TBC	
FRIDAY 12	City	Express Spinning	12.30-13.00 / 13.00-13.30
		Spin	17.30-18.15
		Dance Night Salsa (In association with City Limits)	19.00-22.30
		Dance Night Street Dance	19.00-22.30
		Dance Night Contemporary Dance	19.00-22.30
	Collegiate	Express Spinning	12.00-12.30 / 12.30-13.00
Friday Mash Up		17.30-18.30	
Aikido		19.00-21.00	
	Swimming	various	
SAT 13	Other	Peak District Walk (5 miles) (Meet at entrance to Endcliffe Park)	10.00am start
		Cycle Ride in the Peaks (Meet at Hunter's Bar entrance to Endcliffe Park)	10.30am start
		Fun Run (Start at Endcliffe Park Playground)	08.45 start at 09.00
		Swimming (King Edwards Swimming Baths)	various
SUN 14	Collegiate	Spin	11.00-12.00
	Other	Peak District Walk (10 miles) (Meet at train station)	09.00am start
		Swimming (King Edwards Swimming Baths)	various