

UoW Senior Physical Activity & Adapted Sports Programme 2024/25



UNIVERSITY of
WORCESTER

Supervised Gym *

Mondays @ Riverside Fitness Suite

Class 1: 9-10am

Class 2: 10-11am

Class 3: 11am-12pm

Circuit Training *

Fridays @ Riverside Fitness Suite

Class 1: 9:30-10:30am

Class 2: 10:30-11:30am

Fall Safe Workshop

Monday & Friday @ Arena S&C
Suite

Drop in before/after gym classes

These activities cost £3.50

For more information contact spas@worc.ac.uk

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Location	Monday	Tuesday	Wednesday	Thursday	Friday
Riverside Fitness Centre	Supervised Gym Class 1 – 9am – 10am Class 2 – 10am – 11am Class 2 – 11am – 12pm	Pickleball 2-3pm	Short Mat Bowls 10:30am-12:30pm		Circuit Class Class 1 - 9:30-10:30am Class 2 - 10:30-11:30am
UoW Arena	Falls Workshop (S&C) *Must be attending supervised gym or circuit class*	Walking Netball 10-11am		Walking Cricket 10-11am	Falls Workshop (S&C) *Must be attending supervised gym or circuit class*
UoW St. Johns Campus	Walking Football 10:30am-12pm				

For more information contact spas@worc.ac.uk