

Imperial College  
London

MOVE

# MOVE WEEK

27 - 31 JANUARY 2020

A week of free activities to encourage you to  
make that healthy change

Record 30 minutes of exercise everyday  
throughout move week to win prizes. Available  
to download now on iOS and android!

[www.imperial.ac.uk/sport](http://www.imperial.ac.uk/sport)



GET THE APP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Health Hub at South Kensington Sherfield Foyer</b> 12.00-14.00 <ul style="list-style-type: none"> <li>• Body MOT Testing</li> <li>• Nutrition Advice</li> <li>• Information about our services               <ul style="list-style-type: none"> <li>• Free fruit</li> <li>• Recipe Cards</li> </ul> </li> </ul>	<b>Relaxation Room</b> H008a (HBar) 10.00-15.00 <ul style="list-style-type: none"> <li>• Beanbags</li> <li>• Eye Masks</li> <li>• Relaxing Music</li> <li>• Newspapers</li> </ul>	<b>Health Hub at White City MRS Common Room</b> 11.00-15.00 <ul style="list-style-type: none"> <li>• Body MOT Testing</li> <li>• Nutrition Advice</li> <li>• Information about our services               <ul style="list-style-type: none"> <li>• Recipe Cards</li> </ul> </li> </ul>	<b>Health Hub at Hammersmith Wolfson Cafe</b> 11.00-14.00 <ul style="list-style-type: none"> <li>• Body MOT Testing</li> <li>• Nutrition Advice</li> <li>• Information about our services               <ul style="list-style-type: none"> <li>• Recipe Cards</li> </ul> </li> </ul>	<b>BRING A FRIEND FOR FREE FRIDAY</b> Any member can bring a friend for free to the following classes <hr/> <b>Pilates</b> 08.00 - 09.00 Ethos Studio <hr/> <b>Body Attack</b> 12.00 - 12.45 Ethos Studio <hr/> <b>Women on Weights</b> 12.30-13.30 Ethos Gym <hr/> <b>Vinyasa Flow Yoga</b> 13.00 - 14.00 Ethos Studio <hr/> <b>Tennis</b> Hyde Park 13.00-14.00 <hr/> <b>Grit</b> 16.30 - 17.00 Ethos Studio <hr/> <b>Open Spin</b> Ethos Studio 15.00-16.00 <hr/> <b>Body Pump</b> 17.15 - 18.15 Ethos Studio <hr/> <b>Body Combat</b> 18.15 - 19.15 Ethos Studio
<b>Pilates</b> Ethos Studio 9.30-10.30	<b>Circuits*</b> 12.15 - 13.00 Sports Hall	<b>SW7 HIIT</b> 12.00 - 12.30	<b>Creative Meditation*</b> SALC 13.15-13.45	
<b>Basketball</b> Sports Hall 12.00-13.00	<b>Mass Kondi*</b> Ethos Sports Hall 17.15-18.00	<b>SW7 Move</b> 12.30 - 13.00		
<b>Badminton</b> Ethos Sports Hall 12.00-13.00		<b>SW7 HIIT</b> 19.00 - 19.30		
<b>Swimming</b> Ethos Pool 18.00-19.00				
<b>Yoga*</b> Ethos Studio 19.30-20.30				

Dont forget to record your workout in the **Move Imperial App!** Record 30 minutes of exercise everyday throughout **Move Week** to be entered into a prize draw to win headphones!

All free classes are first come first served.  
 In order to access ethos, you must apply for a membership. There are free options for staff and students available. Find out more: [www.imperial.ac.uk/ethos/memberships](http://www.imperial.ac.uk/ethos/memberships)  
 \* Classes must be booked online. Find out more: [www.imperial.ac.uk/sport/bookings](http://www.imperial.ac.uk/sport/bookings)

Free sports and classes
  Health Hubs
  Bring a friend for free friday

## MOVE WEEK 27 - 31 JANUARY 2020

If you're wanting to make a healthy change, but don't know where to start, Move Imperial can help you. Find us at the Health Hubs for advice and support.

In order to access Ethos, you must apply for a membership. There are free options for staff and students. Find out more:

[www.imperial.ac.uk/ethos/memberships](http://www.imperial.ac.uk/ethos/memberships)

### BRING A FRIEND FOR FREE FRIDAY

All group exercise classes taking place on **Friday 31 January** will be part of 'Bring a Friend for Free Friday'

Any member who books a space in any class can also bring a friend who is a **not** already a Move Imperial member.

The sessions are open to everyone of all abilities and suitable for beginners.

All group exercise classes will need to be booked via the online booking system up to 6 days in advance.

[www.imperial.ac.uk/sports/bookings/](http://www.imperial.ac.uk/sports/bookings/)