

KINGSTON UNIVERSITY

GYM MEMBERSHIP PROMOTION: "LET US GET YOUR HEART ON THE RIGHT TRACK THIS VALENTINE'S"
JOIN THE FITNESS CENTRE BETWEEN 8 FEBRUARY AND 8 MARCH 2010 AND GET A 'FREE' MONTH



HEALTH WEEK

8–12 February 2010

	8am	9am	10am	11am	Midday	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MON	FREE Healthy Breakfast ANY FOODSTORE		Fitness Centre Challenge GYM AND STUDIO		Chlamydia screening FC THERAPY ROOM		JuJitsu Sparing FC STUDIO	Desk massage* RIVER HOUSE	Desk massage* RIVER HOUSE		Energiser aerobics class FC STUDIO	Rugby* TOLWORTH COURT		
											Taekwondo* KINGSTON COLLEGE ARENA		Jitsu* FC STUDIO	
													Badminton recreational session TEDDINGTON SPORTS CENTRE	
		Tennis recreational sessions 8.30am–4.30pm TOLWORTH SPORTS GROUND										Ladies Football* TOLWORTH COURT	Mens Football 3 rd /4 th teams* TOLWORTH COURT	
											Mens Football 1 st /2 nd teams* TOLWORTH COURT			
											Cricket* TIFFIN BOYS SCHOOL			
					Police Self Defence FC STUDIO						Netball* TOLWORTH COURT	Mens Basketball KINGSTON COLLEGE ARENA*		
									Ladies Basketball* KINGSTON COLLEGE ARENA					
									Ladies Hockey* OLD CRANLEIGHANS	Mens Hockey* OLD CRANLEIGHANS	Breakdance class FC STUDIO			
TUES	FREE Healthy Breakfast ANY FOODSTORE	Mini Health Check FC THERAPY ROOM		Back strengthening workshop FC STUDIO	Sculpt & Tone FC STUDIO	Muaythai Conditioning FC STUDIO		Pilates (beginners) FC STUDIO	Pilates (improvers) staff only FC STUDIO	Belly dancing (beginners) FC STUDIO	Belly dancing (improver) FC STUDIO	Mens Football 7 th /8 th team* TOLWORTH COURT		
											Rugby* TOLWORTH COURT			
				Chlamydia screening FC THERAPY ROOM						Mens Football 5 th /6 th team* TOLWORTH COURT	Badminton* KINGSTON COLLEGE ARENA			
				Dr Bike							Athletics* KINGSMEADOW – TRACK			
											Boxing* TOLWORTH PAVILION			
		Tennis recreational sessions 8.30am–4.30pm TOLWORTH SPORTS GROUND									Netball tournament (staff and students) TOLWORTH COURT			
Heart Rhythms Info FITNESS CENTRE RECEPTION				Tai Chi FC STUDIO	Pilates KH – DRAMA HALL				Ballet Tone FC STUDIO	Body Conditioning FC STUDIO		Self Defense (Aikido) FC STUDIO		
				Fast Body Blitz FC STUDIO	Sahaja Yoga Meditation JGB 5014					Cheer Leading* HOLLYFIELDS SCHOOL – HALL				
				Chlamydia screening FC THERAPY ROOM					Fencing* TIFFIN BOYS SCHOOL					
THUR	FREE Healthy Breakfast ANY FOODSTORE	Mini Health check FC THERAPY ROOM		Killer LBT FC STUDIO	Hatha Yoga* FC STUDIO	Table Tennis FC STUDIO	Desk massage* COOPER HOUSE	Desk massage* COOPER HOUSE	Street dance FC STUDIO		Boxing* TOLWORTH PAVILION			
			Dr Bike								Tennis* HAWKER CENTRE			
			Fitness Centre Challenge GYM AND STUDIO	Chlamydia screening FC THERAPY ROOM										
					Breast Awareness workshop JGB 0001	Stop smoking 1 st FLOOR HEALTH CENTRE	Stop smoking (appointment only 3–3.45pm) 1 st FLOOR HC					Capoeira 8–9.30pm FC STUDIO		
FRI	FREE Healthy Breakfast ANY FOODSTORE		Well Being Assessments* 9.30am–4pm (staff only) ROOM 804 TOWER BLOCK								Shaping Up for the Weekend 5.30– 6.30pm FC STUDIO			Volleyball* KINGSTON COLLEGE ARENA
					Fab Abs FC STUDIO									
				River Run MEET AT FC	Power Pump FC STUDIO	Desk massage* RIVER HOUSE	Desk massage* RIVER HOUSE							
						Chlamydia screening FC THERAPY ROOM		Table Tennis FC STUDIO						Trampolining* KINGSTON COLLEGE ARENA

* students only –
come & try sports club
+ staff only

FC Fitness Centre
JGB John Galsworthy Building
KH Kingston Hill

SCHEDULE SUBJECT TO CHANGE. SESSIONS SUBJECT TO AVAILABILITY.
ALL WORKOUT CLASSES TAKE PLACE IN THE FITNESS CENTRE, PENRHYN ROAD CAMPUS

HEALTH AND SAFETY / STUDENT SERVICES AND ADMINISTRATION / OCCUPATIONAL HEALTH / KUSU / SUSTAINABILITY / AVENANCE
For further information please email fitness@kingston.ac.uk or call 020 8417 2414



Kingston University London

SPORT AND RECREATION

With the Olympics just around the corner...

LET US GET YOUR HEART ON THE RIGHT TRACK THIS VALENTINE'S

SAVE £££'S
WHILE LOSING POUNDS
JOIN THE FITNESS CENTRE
BETWEEN 8 FEBRUARY
AND 8 MARCH 2010
AND GET A 'FREE' MONTH
TERMS & CONDITIONS APPLY.



**FREE activities all week during
Health Week 8-12 February 2010**

For further information visit www.kingston.ac.uk/sport or call 020 8417 2414

'See inside for full timetable of 'FREE' activities during Health Week and how to book'

Free Health Week activities – additional information

HEALTHY BREAKFAST

Walk or cycle to work, or have a work-out at the Fitness Centre before 8.30am and pick up a voucher for a healthy breakfast prepared by Avenance. Dependant on availability.

WORKOUT CLASSES

Take part in our diverse aerobic, well being and dance classes at the Fitness Centre.

RECREATIONAL SESSIONS

These are recreational sessions in tennis, badminton and table tennis open to all students during Health Week as 'come and try' sessions.

FITNESS CENTRE CHALLENGE

Take part in this gym challenge which includes chin ups and push ups. Complete within 9 minutes and you could win a month's membership extension.

CHLAMYDIA SCREENING

Chlamydia screening kits given to students at these drop in sessions along with sexual health advice.

HEART RHYTHMS INFO

Drop in session to cover irregular heart rhythms, reflex anoxic seizures and other common conditions connected to blood pressure.

BREAST AWARENESS WORKSHOP

This session will include demonstration in self breast examination. Ways to reduce your risk of developing cancer including relaxation techniques to deal with stress. Email to register.

DESK MASSAGE & NUTRITIONAL ADVICE (staff only)

Email us to register your interest and we will contact you with a time during the week where we will come to your desk and give you a massage and offer nutritional advice.

MINI HEALTH CHECK (for students)

Email us to book your 15 minute health check, to include body fat, blood pressure, grip strength and lung function.

MIXED NETBALL TOURNAMENT (staff and students)

Enter a team of seven friends or colleagues (minimum of 2 male and 3 female) and take part in our tournament, email us for an entry form.

SPORTS CLUBS (for students)

These are sports club training sessions which are open to all students during Health Week as 'come and try' sessions.

BACK STRENGTHENING SESSION

This class is designed to help those who have had back problems or injuries and are looking to strengthen their core and back. Email to register.

WELL BEING ASSESSMENTS (for staff)

Includes blood pressure, body mass index and cholesterol checks along with advice on general lifestyle concerns. Call Carol Miles on 67378 to book. Takes place in T804, PR Tower Block.

RIVER RUN

Why not take part in an organised group run along the river. Meet at the Fitness Centre at time stated on the programme and please let the instructor know your level of fitness and running experience.

POLICE SELF DEFENSE

Email to register for this session run by the local police department.

STOP SMOKING SESSIONS

Here to help you stop smoking. All welcome. Free patches and gum available. Call 0800 085 2903 for additional information and booking appointments.

DR BIKE

Give your bike a full health check. Checks are taking place at Penrhyn Road and Knights Park sites. For details of exact location go to www.kingston.ac.uk/sustainability
A disclaimer will be signed by the owner of the bicycle, who needs to be present throughout the check. First come, first served.

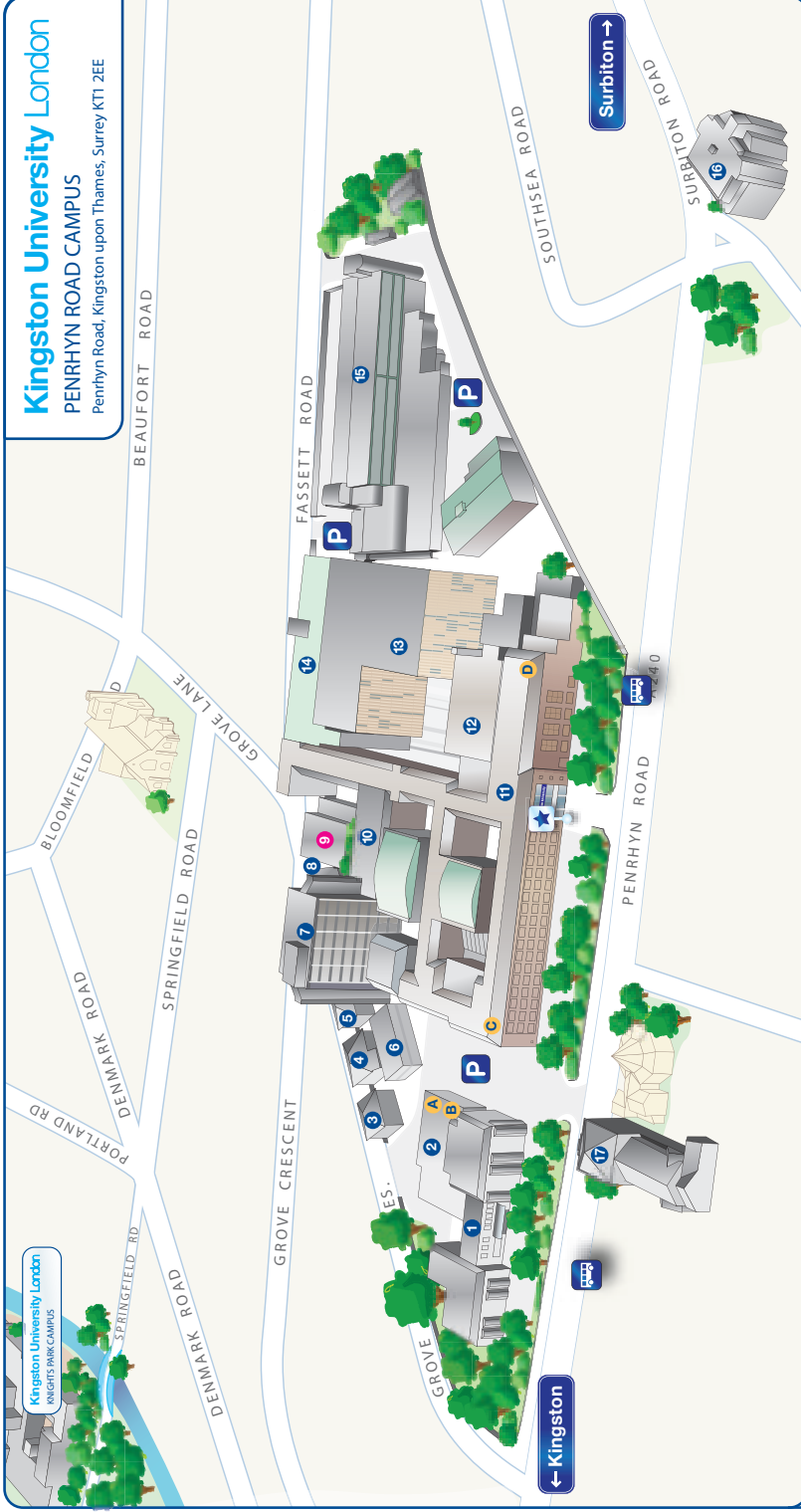
Please email us at fitness@kingston.ac.uk for further information.

See inside for full timetable of 'FREE' activities during Health Week



Kingston University London
KNIGHTS PARK CAMPUS

Kingston University London
PENRHYN ROAD CAMPUS
Penrhyn Road, Kingston upon Thames, Surrey KT1 2EE



- 1 Town House
- 2 Students' Union
- 3 Grove House
- 4 Crescent House
- 5 Health Centre

- 6 Teaching annex
- 7 Tower Block
- 8 Holmwood House
- 9 **Fitness Centre**
- 10 Learning Resources centre

- 11 Main Building
- 12 Science block
- 13 John Galsworthy Building
- 14 Eadweard Muybridge Building
- 15 Sopwith Building

- 16 Cooper House
- 17 Reg Bailey Building
- A Bar
- B Shop
- C ATM (cash machine)

- D Canteen
- University bus stop
- Main reception

