



ACTIVE RESIDENCES CHRISTMAS BINGO

GET ACTIVE & SELF CARE MONTH CHALLENGE



TRY SOMETHING DIFFERENT
MEET NEW PEOPLE
GET ACTIVE FOR FREE!

<p>Went for a 20 min winter walk with friends</p> 	<p>Went to 'Active Res' Yoga</p> 	<p>Did star jumps whilst listening to 'All I Want For Christmas Is You'</p> <p>★ Pace yourself!</p>	<p>Inhale - 4 secs Hold your breath - 5 secs Exhale - 7secs</p> <p>Repeat 5 times!</p>	<p>Complemented Yourself</p> 
<p>1 min skipping with skipping rope + 30 secs leg stretch*</p>	<p>Ate a healthy meal</p> 	<p>Took a social media break for a day</p> 	<p>Went to 'Active Res' HIIT Class</p> 	<p>Danced around to your favourite Christmas song!</p> 
<p>Went to 'Active Res' Core Class</p> 	<p>Drank 3l of water in a day</p>  <p>STAY HYDRATED</p>	<p>Free</p> <p>Did something you like to do!</p>	<p>Tidied or decorated your space</p> 	<p>Treated yourself!</p> 
<p>Spread the Christmas cheer - gave someone a complement!</p> 	<p>Got 8 hours of sleep</p> 	<p>30 secs skipping with skipping rope + 10 secs leg stretch*</p>	<p>Went for a 30 min walk in the fresh air</p> 	<p>Took a break</p> 
<p>Took a picture of something in nature</p>   	<p>Did a squat every time Sia sings 'Santa's coming for us' in 'Santa's coming for us'</p>	<p>Caught up with friends or family</p> 	<p>Went to 'Active Res' Pilates</p> 	<p>Did a plank for the choruses of 'Step into Christmas'</p> 

Book your place on Active Residences activities here:



*Pick up your FREE Active Residences gift by attending an Active Residences session. First come first served!



ACTIVE RESIDENCES CHRISTMAS VACATION TIMETABLE DEC 17 - JAN 6

Staying in halls over the holidays? We've got you covered!

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REGULAR TIMETABLE UNTIL 16 DECEMBER

TUESDAY

13 Dec

Snooker & Pool
17:30 - 19:00
Duck & Scholar

HIIT (High Intensity Interval Training)

18:30 - 19:15
Hampton Room
Chamberlain

WEDNESDAY

14 Dec

THURSDAY

15 Dec

Zumba
9:30 - 10:15
Hampton Room
Chamberlain

Yoga

18:30 - 19:15
Hampton Room
Chamberlain

FRIDAY

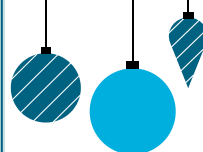
16 Dec

Pilates
13:30 - 14:15
Hampton Room
Chamberlain

SATURDAY

17 Dec

Yoga
11:30 - 12:15
Hampton Room
Chamberlain



20 Dec



21 Dec

Core Workout
13:00 - 13:30
Hampton Room
Chamberlain



22 Dec

Yoga
17:30 - 18:15
Hampton Room
Chamberlain



23 Dec

Pilates
13:30 - 14:15
Hampton Room
Chamberlain



Book Active Residences activities here:

Scan this QR code



28 Dec

Core Workout
13:00 - 13:30
Hampton Room
Chamberlain



29 Dec

Yoga
17:30 - 18:15
Hampton Room
Chamberlain



30 Dec

Pilates
13:30 - 14:15
Hampton Room
Chamberlain



Pick up your FREE Christmas gift by attending an Active Residences session. While stocks last!

3 Jan

HIIT (High Intensity Interval Training)
18:30 - 19:15
Hampton Room
Chamberlain



4 Jan

Core Workout
13:00 - 13:30
Hampton Room
Chamberlain



5 Jan

Yoga
17:30 - 18:15
Hampton Room
Chamberlain



6 Jan

Pilates
13:30 - 14:15
Hampton Room
Chamberlain

