Take part

Fitness Classes

The University of Birmingham Sport's (UBSport) runs an extensive 'Active Lifestyle' programme of exercise classes - it's the largest of its kind in the UK.

There are Aerobic, Toning, Dance or Holistic classes to choose from and they are suitable for all abilities, some with a choice of beginner or intermediate levels. The emphasis is to exercise in a fun and friendly environment, meet new friends, and find something that you enjoy.

Visit the active lifestyle page (http://www.sport.bham.ac.uk/page.aspx?sitesectionid=138&sitesectiontitle=Active+Lifestyle+classes) for more information.

Try Sport

Sport doesn't have to be competitive – Try Sport focuses on the development of new sporting skills and can be great for making friends, getting active or just for fun!

If you've always wanted to try a sport but have never got round to it, or left a sport years ago and want to pick it up again, then these courses could be for you. There are 25 different courses to choose from available to students, staff and community members of the Munrow Sports Centre.

Visit the try sport page (http://www.sport.bham.ac.uk/page.aspx?sitesectionid=190&sitesectiontitle=Try+Sport+-+give+it+a+go) for more information.

Try Sport is also perfect for getting into the Olympic spirit as for 2011/12 UBSport have teamed up with Gold Challenge, giving people chance to take on Olympic and Paralympic sports to raise money for their chosen charity, and it couldn't be easier to get involved!

All you have to do is create a team of five people and take on five sports between you - and with over 125 sports to choose from there is something for everybody. It is also really simple to complete a sport as you only have to take it on for just three hours, which is why Try Sport is a great way of getting this done.

For more information visit: **www.goldchallenge.org/universityofbirmingham (http://www.goldchallenge.org/universityofbirmingham)**

Munrow Sports Centre membership

University of Birmingham Sport's philosophy is pay for what you use and nothing else, making our membership prices the best value possible.

Fantastic value memberships are available for students, staff and their families, alumni, community, over 55s and juniors.

Visit the Munrow Sports Centre membership page (http://www.sport.bham.ac.uk/page.aspx?sitesectionid=201&sitesectiontitle=Membership) for more information

Thrive

At UBSport we pride ourselves on providing a dynamic training environment for everyone, accommodating the complete health and fitness beginner to the elite athlete. The Thrive team are market leaders in providing the highest quality professional support to help you lead active, balanced and healthy lifestyles.

A combination of an award winning gym and a dedicated fitness team will provide you with the necessary support in achieving your health and fitness goals.

For further details on Thrive please contact:

Wayne Johnson
tel - +44 (0)121 414 2581
email - **thrive@contacts.bham.ac.uk (mailto:thrive@contacts.bham.ac.uk)** .

© University of Birmingham 2015