

Fitness Class Descriptions

July 2022

Overview

Our fitness programme aims foster a healthy and productive workforce and to boost the morale of an organisation. All our fitness classes are between 30 to 50 minutes, require little to no equipment and are taught by our qualified team of experts. Classes are suitable for all fitness levels and can be done anywhere.

HIIT

High-Intensity Interval Training, cardio-based classes that involve giving your max effort to raise your heart rate for short intervals of time coupled with short periods of rest. These classes are effective, efficient and an excellent option for a busy schedule.

Strength & Conditioning

A weights workout session focusing on toning and muscle building, while also burning calories.

Use weights or home alternatives for some simple but effective movements.

Lunch Time Yoga

These classes focus on aligning the body and the mind through movement and breathing techniques. Yoga is a proven way to strengthen the body, to calm the mind and to ease any stress or anxiety. These sessions are suitable for beginners but for those who want a challenge, the instructor will provide modifications to give you a little extra stretch.

Pilates

Full-body and core strength-based Pilates sessions. These classes are low-impact and are great to improve muscle strength and for those who are working through injuries. All that you need is a mat to feel the burn.



Umbrella Wellness

Class Descriptions July 2022

Friday 8th July 12PM

Overcoming Procrastination

Speaker: Meg Sloan

Founder: www.megsloan.co.uk



Are you always feeling overwhelmed by the length of your to-do list but never actually tackling it? Come along to this session to explore the deeper causes of procrastination and how to start taking action.

This workshop is designed to demonstrate how procrastination is holding you back in life and give you practical methods to develop confidence and leave those tendencies behind.

About Meg:

Meg is a Life Coach and Therapist based in the North East of England. She supports people pleasers to start putting their needs first, improving their communication skills, and developing deep self-trust.

Meg works with clients on a 1:1 basis and runs self-development and corporate workshops. She also hosts the Start Choosing You podcast.

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Workplace Wellness Hub

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Friday 15th July 12PM

Happy Back - A Workshop on Posture, Core Strength and Mobility

Speaker: Ana Stefan

Founder: Anastefan.ie



Back pain is very common, and most people will suffer from it at some point in their life. It can affect all aspects of your life, from work to everyday mood, to family or social interactions.

In most cases your back health can be improved with movement and a correct posture. However, you must learn how to move safely and find the right exercises to suit your own unique body.

Whether you are experiencing some discomfort in your neck shoulders or lower back, or wish to prevent it, this workshop is for you.

Agenda

- We'll talk about the spine, neutral spine and correct posture
- We'll talk about your core muscles and how to effectively "engage your core" to protect your spine
- Learn a few simple exercises to strengthen your core
- Learn a few strengths to reduce stiffness in your shoulders, hips and hamstring

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Friday 22nd July 12PM

Happy Hips - A Workshop on Hip Strength & Mobility

Speaker: Ana Stefan

Founder: Anastefan.ie



The hip muscles play a significant role in maintaining a healthy spine and keeping you mobile.

When they are weak or tight, you can experience knee or back pain, and you are more likely to get injured when running or cycling.

In this workshop, we will cover the importance of strengthening and stretching your hip muscles to have a sense of ease when sitting, walking or squatting at the gym.

We'll go through a few simple exercises that you can do at home, or at your desk to find more space in the hips and feel better each day.

About Ana

Ana Stefan is a Strength and Flexibility Coach, specialising back pain and stiffness caused by incorrect posture or repetitive strain.

She incorporates Pilates, Science of Stretching, Yoga & Myofascial Movement into her sessions, so that you can regain your strength, mobility and confidence.

Website : www.anastefan.ie

Email : info@anastefan.ie

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