

Fitness Class Descriptions

May 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

April 2022

Wednesdays 12PM in May

HCM Physio Series

Lower Limb Fundamentals

Parts 1 - 4



Speaker: Mark McGroarty

Co - Founder: [Human Centred Movement](#)

A four part program designed by HCM to address Lower Limb injury, rehab and improve performance in clients. These are the exact exercises that HCM uses with even the most complex of cases!

Throughout the series, you will learn the fundamentals for healthy Feet, Achilles, Knees, Hips & Hamstrings. The Fundamentals program is specific training that HCM have used successfully with their athletes, including professionals and olympians!

The program is tailored to those who love training, playing your sport or hobby and moving your body and are interested in learning how you can avoid aches, pains, tightness & niggles while also improving performance!

In each session, you will identify your own physical areas of concern and learn ways in which you can treat or avoid injury. You will receive guidance and programming on mobility, stretching, strength & plyometrics that will lead to your desired outcomes.

Mark McGroarty is a Sports Injury Therapist & co-founder of HCM. Having suffered a debilitating back injury in his early 20's he found himself on a journey to learn the why and how behind everything related to movement, injury & rehab. Mark works with chronic pain, sports injury, deskbound individuals as well as professional athletes and olympians from a variety of sports throughout Ireland and the world.



Human Centred Movement

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Workplace Wellness Hub

Class descriptions May 2022



Class Descriptions

April 2022

Friday 13th May

5 Helpful Fertility Lifestyle Changes & Growing An Empowered Mindset

Speaker: Sinead Kelly

Founder: [Sinead Kelly Coaching](#)



Whether you are at the early stages of trying for a baby or attending a fertility clinic this is for you if you want to make some lifestyle changes to boost your chances of success.

Part 1 of this webinar covers 5 proven lifestyle changes you can make today.

Part 2 discovers a coaching psychology technique you can use to feel more empowered in your fertility journey.

This session is suitable for both men and women.

About Sinead:

Sinead Kelly is a Registered Nurse who began to realise that giving patients all the information in the world was not enough to get them to change their health behaviours.

This motivated Sinead to study Coaching Psychology in UCC. Now Sinead provides a one-to-one bespoke coaching service to people who are feeling stuck in making health changes.

Sinead equips her clients with the tools to make long-term health changes in areas such as Nutrition, Activity, Stress, Sleep and living with a Medical Condition.

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Workplace Wellness Hub

Class descriptions May 2022



Umbrella Wellness

Class Descriptions

April 2022

Friday 20th May 12PM

Empowering Yourself & Others in an Online World



Speaker: Olwyn Beresford

Educator: [CyberSafeKids](#)



This is our most popular session aimed at parents of children from 8-13 years old which offers a general overview to raise awareness of the main factors to consider around social media, gaming and the online world. Our aim is not to scare parents, but rather to make them aware of what children are doing online and offer practical advice and resources to help participants deepen their knowledge. Areas of focus are popular apps & protecting privacy, areas of risk, digital wellbeing & critical thinking and useful resources.

Recommended audience: Parents or guardians of pre-teen children, Adults interested in a general overview of online safety

About CyberSafeKids

Established in 2015, CyberSafeKids is an Irish registered charity which works to empower children, parents and teachers to navigate the online world in a safe and responsible manner.

Our founders and staff have backgrounds in cybercrime investigation, law enforcement, psychology, education, online child protection, academia and the not-for-profit sector.

We can see on a daily basis how technology plays an increasingly important and integral part of both their present and future lives.

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Workplace Wellness Hub

Class descriptions May 2022



Umbrella Wellness

Class Descriptions

April 2022

Friday 22nd April - 12PM

The Minding Mom Series - The Time Challenge

Speaker: Laura Guckian

Founder: [MindMommyCoaching](https://www.mindmommycoaching.com)



A series of interactive talks focusing on 3 challenges that Moms face.

1. The Mom Career Juggle Challenge
2. The Time Challenge
3. The Self Care Balance

The Time Challenge - How to be More Organised & Get Back Time in Your Day
An interactive talk to help Moms reduce their day to day list of responsibilities. So that they feel calmer, in control and more organised in their career and personal life.

About Laura

Laura Guckian is the owner of Mind Mommy Coaching and is a qualified and accredited Life Coach and Mentor for Moms. As a Mom of 3, Laura is passionate about normalising the challenges of Motherhood so that Moms feel less alone in their experience.

She specialises in helping Moms at all stages of motherhood overcome these challenges to achieve personal and professional wellbeing and success. She works with Moms on a one to one, group or corporate setting to help them become unstuck and be happier. She also provides regular free coaching content and group workshops through her Instagram @mindmommycoaching.

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Workplace Wellness Hub

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