



Umbrella Wellness

Reimagine Workplace Wellness,
With Umbrella Wellness

Workplace Wellness Hub

Timetable - July 2022

Our Workplace Wellbeing Hub is an imaginative hybrid approach to employee wellbeing that gives access to a diverse online wellbeing program designed to suit all interests within an organisation.

All content accessed through our [Wellplayer](#)

Workplace Wellbeing Hub

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Program Introduction

July is normally a quieter month for us, so we have decided to go with quality over quantity this month! To that end we are excited to announce newcomer Ana Stefan will be making her debut to our timetables in July.

Ana is a Strength and Flexibility coach, specializing in back pain and stiffness. For July Ana will be hosting two Posture Workshops. Ana's first workshop is titled "Happy Back", focusing on posture, core strength and mobility. The second workshop is titled "Happy Hips" for hip strength and mobility.

Both sessions are a mix of theory and practice, Ana will lead attendees through different movements that will help the individual identify what works (or doesn't!) work for them.

We are excited to welcome back Meg Sloan. Meg is a life coach and therapist. In June Meg facilitated a workshop about people pleasing, this month Meg is back with another workshop "Overcoming Procrastination"

These three Friday workshops work around the rest of our usual Workout sessions and Laura Farrington's end of the month lunchtime meditation,

Thank you

The Umbrella Wellness Team





Umbrella Wellness

WEEK 1

4th - 8th July

Monday 4th July

Yoga

Backbends

12pm

30mins

Tuesday 5th July

Pilates

Legs & Hips

12pm

50mins

Wednesday 6th July

HIIT

Total Leg Blaster

12pm

35mins

Thursday 7th July

Strength & Conditioning

All about arms

1 pm

30mins

Friday 8th July

Life Coaching

Overcoming Procrastination

12pm

45mins

WEEK 2

11th - 15th July

Monday 11th July

Yoga

Hips & Hamstrings

12pm

30mins

Tuesday 12th July

Pilates

Abs & Spine

12 pm

50mins

Wednesday 13th July

HIIT

Upper Body Blitz

12pm

35mins

Thursday 14th July

Strength & Conditioning

Total Body Weighted Workout

1 pm

30mins

Friday 15th July

Posture Workshop

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

12 pm

45mins

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Umbrella Wellness

WEEK 3

18th- 22nd July

Monday 18th July

Yoga

Balance

12 pm

30mins

Tuesday 19th July

Pilates

Upper Body, Neck & Shoulders

12pm

50mins

Wednesday 20th July

HIIT

Total Leg Blaster

12pm

35mins

Thursday 21st July

Strength & Conditioning

All about arms

1 pm

30mins

Friday 22nd July

Posture Workshop

Happy Hips

12pm

45mins

WEEK 4

25th - 29th July

Monday 25th July

Yoga

Core Strength

12 pm

30mins

Tuesday 26th July

Pilates

Balance & Posture

12 pm

50mins

Wednesday 27th July

HIIT

Upper Body Blitz

12pm

35mins

Thursday 28th July

Strength & Conditioning

Total Body Weighted Workout

1 pm

30mins

Friday 29th July

Meditation

Lunch Time Meditation

12 pm

15mins

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