

DMUactive

RECREATIONAL SPORT AND FITNESS PROGRAMME

Term 3 Timetable



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Email: DMUactive@dmu.ac.uk

All about fun, fitness, stress relief, building confidence and making new friends!

	Event	Time	Location
TUES	Pilates	8.00am – 8.45am	QEII Leisure Centre Studio
	Badminton	5.30pm – 7.00pm	QEII Leisure Centre
	Event	Time	Location
WED	Swimming	2.30pm – 3.30pm	QEII Pool
	Event	Time	Location
THURS	Yoga	8.00am – 8.45am	QEII Leisure Centre Studio
	Event	Time	Location
FRI	Staff Badminton	12pm – 1.30pm	QEII Leisure Centre
	Event	Time	Location
SAT	Badminton	2.30pm – 4.00pm	QEII Leisure Centre
	Event	Time	Location
SUN	Zumba	3.00pm – 4.00pm	QEII Leisure Centre Studio
	Netball	4.30pm – 6.00pm	QEII Leisure Centre

ALL sessions are FREE and on campus!

For BOTH students and staff members of DMU: Just bring your DMU student or staff card

Remember during exam season that it is important to exercise to reduce stress levels and improve your cognitive function, even it is just for 30 minutes!

Four ways exercise can relieve exam stress:

1. Exercise relieves stress
2. Exercise improves memory retention
3. Exercise increases focus and concentration
4. Exercise boosts your energy