



December Newsletter

SPORT LIVERPOOL

We would like to wish all of our members and University community a very happy & healthy festive season!

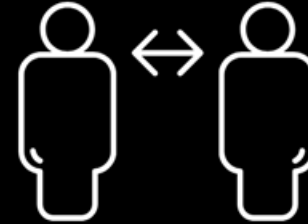
A FEW STEPS TO KEEP YOU SAFE



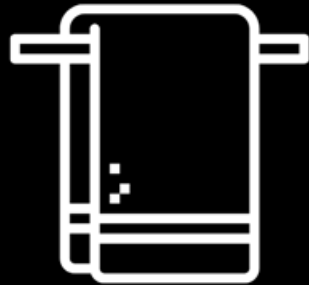
PRE-BOOKING
REQUIRED



MASK REQUIRED



KEEP SOCIAL
DISTANCE



LEAVE YOUR SWEAT
TOWEL AT HOME



BRING A FULL
WATER BOTTLE



BRING YOUR OWN
EXERCISE MAT

FESTIVE WINTER WALK



BOOK MONDAY NOW

BOOK WEDNESDAY NOW

FESTIVE WINTER WALK ❄️

Join the Sport Liverpool fitness staff for a wintery walk around campus to get in the festive mood!

The team will take you on a 30 minute walk, taking in some nearby sights & Christmas lights! ❄️

Walking for 30 minutes or more a day has so many benefits:

- Prevent illness such as heart disease, cancer, stroke and diabetes
- Aid weightloss
- Improve self-esteem, mood and sleep quality
- Reduce stress, anxiety and fatigue
- Aid overall physical and mental wellbeing

The meeting point will be outside the Sports & Fitness Centre, wrap up warm and see you there! 🎄

CHRISTMAS OPENING



CHRISTMAS OPENING HOURS

We are pleased to announce that we will be staying open on a reduced timetable over the Christmas period. 🎄

We understand this has been a testing year so know lots of you enjoy the comfort of routine and exercise. It also helps when you're reaching for that tin of Roses!

Our Christmas hours can be found [here](#). Booking is still required for each session.

MY LIVERPOOL APP



EVENTS & ACTIVITIES

MY LIVERPOOL APP AVAILABLE NOW!

The My Liverpool app is available to download now and is designed to enhance your experience whilst studying at the University of Liverpool.

The app gives you the ability to view events, create a personalised planner and access information and support.

Sport Liverpool will be adding some events throughout December and in the New Year so download now and take a look!

WELLBEATS



[FIND OUT MORE](#)

WELLBEATS AVAILABLE FROM 14TH DECEMBER!

Wellbeats is an on-demand virtual fitness provider that delivers fitness classes, challenges, and fitness assessments to you anytime, anywhere, whether you are in the gym, working remotely, at home or on the go!

Discover more energy and focus with healthy eating tips and recipes from top nutrition education experts and chefs!

Take a breather and reset with everything from mindfulness and meditation classes to restorative yoga and quick stretch breaks.

FEEDBACK



LEAVE FEEDBACK

LES MILLS ON DEMAND

Please let us know how your last visit to our facilities went?

Due to COVID-19 we have had to make changes to our service, and we would really like to get your views on our service during these unprecedented times.

HOW TO CONNECT WITH US



@SPORTLIVERPOOL



@SPORTLIVERPOOL



@LIVUNIGYM



@UNIVERSITYOFLIVERPOOLSPO

STAY CONNECTED

Stay up to date with all the latest news and updates by following us on the social media accounts above .

If you require any further information, please contact us at sfc@liv.ac.uk

Do not reply directly to this e-mail

Unsubscribe

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For further information on GDPR please visit our website –

www.liverpool.ac.uk/legal/data_protection

[Unsubscribe](#)