



March Newsletter

SPORT LIVERPOOL

Health, well-being & lifestyle

*We are looking forward to
welcoming you back soon!*



RE-OPENING
INFORMATION



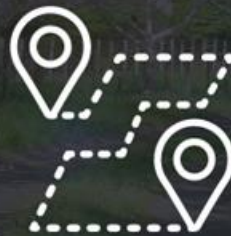
CASHLESS
PAYMENTS



COVID-19
TESTING



LES MILLS
ON DEMAND



CAMPUS
WORKOUTS



WELLBEATS

RE-OPENING INFORMATION



BOOKING
SYSTEM

RE-OPENING INFORMATION

On Monday 12th April, we will be ready to open our doors & welcome you back to our sports facilities.

We will continue to have a booking system in place for all activities to maintain control of numbers on site which will be available from **9am on 7th April** & have re-designed activity & movement to allow social distancing throughout our facilities.

We can guarantee a meticulous cleaning procedure of all touch points as well as enhanced cleaning measures to enable you to have a worry free, safe and enjoyable experience.

If you have any questions about our facilities re-opening, please contact us at sfc@liv.ac.uk

WELLBEATS



Discover fitness made easy.

Wellbeats

WELLBEATS IN 60
SECONDS

WELLBEATS - TRY TODAY!

We have an partnered with Wellbeats, an on demand virtual fitness provider to bring you a wide range of offers that can be accessed anytime, anywhere! 🤝

Wellbeats offers fitness classes, challenges, fitness assessments, healthy eating tips, recipe ideas, mindfulness & meditation classes.

We are currently offering an introductory rate of ONLY £2.99 for 1 month! 🧘

Take a look at the video below for a taste of what you can expect & head over to our website for information on [HOW TO SIGN UP](#)

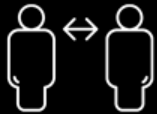
STEPS TO KEEP YOU SAFE



PRE-BOOKING
REQUIRED



MASK REQUIRED



KEEP SOCIAL
DISTANCE



LEAVE YOUR SWEAT
TOWEL AT HOME



BRING A FULL
WATER BOTTLE



BRING YOUR OWN
EXERCISE MAT

[FAQ SECTION](#)

SAFETY MEASURES IN PLACE FOR RE-OPENING

We have kept all of our safety measures in place to ensure you feel safe & have a worry free, enjoyable experience with us!

If you would like to find out more about what steps we have taken ready for re-opening then see our FAQ section below.

See you soon!

CAMPUS WORKOUTS



TRY A WORKOUT

NEW CAMPUS WORKOUTS

Our new routes allow you to explore campus & the surrounding area as well as staying active. We have added in a handy guide to follow which will hopefully make for an enjoyable session!

If you feel like giving one of these routes a try then not only will you lift your mood, you will also benefit from improved sleep & cardiovascular health! ❤️

To get started, simply scan the QR code we have created & follow the route by either walking, jogging or running! 🏃


For more information visit our [WEBSITE ONLINE RESOURCE SECTION](#) & we hope you enjoy!

CASHLESS PAYMENTS



[FIND OUT MORE](#)




CASHLESS PAYMENTS ON CAMPUS

We are now part of a cashless campus, this means safer & faster payments for all students & staff, reduced contact to adhere to social distancing rules & fewer queues -So make sure you have got your virtual cards ready to go! 




BRIT 2021 CHALLENGE

An inclusive feel-good fundraising challenge that aims to improve mental health and fitness, whilst raising vital funds to support a number of young adult mental health charities.

The Challenge is designed to be completed by individuals and teams who will cover a 2,021-mile distance by either hand-cycling, cycling, wheelchair pushing, swimming, walking, jogging, running, rowing or paddling.   

Sport Liverpool is pleased to be supporting BRIT 2021, joining teams from across the UK in contributing miles to the total between Monday 12th April and 1st July 2021.

All students and staff members are encouraged to take part. Activities can take place on campus or at home, and there are many ways to get involved as an individual or team. 

For more information on how you can take part, take a look [here](#)

COVID-19 TESTING



BOOK A COVID-19 TEST - FOR THOSE WITHOUT SYMPTOMS

The University's main test centre for staff & students without symptoms is located on campus at the University Sports Centre, Bedford Street, & is open from 8.30am-5pm every weekday, & 10am-4.30pm at weekends.

The tests will be conducted using self-swabbing supported by staff who will provide information & guidance on site.

Test results are processed on site & you will receive a text message with your result within 1 hour.

A walk-in facility is available each day but to help us to manage demand we ask that, where possible, you book an appointment slot. More information can be found [here](#).

LES MILLS ON DEMAND



TRY LES MILLS ON DEMAND

LES MILLS ON DEMAND

We are currently running live instructor led Les Mills classes on our timetable below but if you are looking for unlimited access to over 1000 workouts at your convenience then we are offering a free 60 day trial to Les Mills on Demand!

HERE IS WHAT YOU CAN EXPECT!

Simply click below to get started. When you sign up you will be asked to enter your payment details, but you won't be charged for the trial. If you want to continue beyond that, you'll automatically become a paying subscriber at the special rate of £7.94 per month.

Please note this trial is valid to new subscribers only.

You can work out with classic programs such as BODYPUMP™ & BODYCOMBAT™, do mindfulness exercises & even get the kids active with BORN TO MOVE™. The workouts range from 15 to 55 minutes & there are options for all fitness levels!

FEEDBACK



LEAVE
FEEDBACK

FEEDBACK

Please let us know if you would like to leave any feedback about our online resources.

Due to COVID-19 we have had to make changes to our service, & 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

The University of Liverpool
Sport & Fitness Centre
Bedford Street North
Liverpool
L69 7ZN

For further information on GDPR please visit our website –

www.liverpool.ac.uk/legal/data_protection

[Unsubscribe](#)