



October Newsletter

SPORT
LIVERPOOL

WELCOME TO A NEW ACADEMIC YEAR

There is lots to look forward to this Autumn!



GENERAL
INFORMATION



HALLOWEEN
HIIT



SPORT LIVERPOOL
CREEPY CRAWL

LES MILLS
ONDEMAND

STAY ACTIVE
AT HOME

Wellbeats

www.liv.ac.uk/sports

GENERAL INFORMATION



BOOK AN ACTIVITY

WE ARE OPEN - HERE IS WHAT YOU NEED TO KNOW

We may have had a challenging start to our academic year, however we are even more committed to providing a great Sports & Fitness Centre experience - whether that is in the centre, through our virtual classes or by keeping you connected through social media challenges for you to keep active at home. We want to ensure a safe and enjoyable experience for all our users so we have our booking facility available for all activities - You can book online using the link below and will need to book for each individual activity!

If you have any questions or require any help then please e-mail us at sfc@liv.ac.uk

LES MILLS ON DEMAND



[SIGN UP TO FREE TRIAL](#)

LES MILLS ON DEMAND

We know that staying fit and active is our best way to build a strong immune system and stay healthy. Not only that, regular physical activity is proven to combat stress and provide mental health benefits.

To help you stay active when it's not possible to visit the club, we've teamed up with Les Mills to give you online workouts as part of your membership.

You can now enjoy access to LES MILLS™ On Demand for 30 days. Simply click below to get started. When you sign up you'll be asked to enter your payment details, but you won't be charged for the 30-day trial. If you want to continue beyond that, you'll automatically become a paying subscriber at this special rate we've negotiated with Les Mills.

Please note this trial is valid for new subscribers only. LES MILLS On Demand offers over 1000 of your favourite workouts across 13 categories.

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

CREEPY CRAWL



SPORT LIVERPOOL PRESENTS - THE CREEPY CRAWL

It's time to dust off those old Halloween costumes!! 🧛‍♀️ 👻 🧛‍♀️ 👻 🧛‍♀️ 👻 🧛‍♀️ 👻 🧛‍♀️ 👻

We want to see you get dressed up this Halloween and take part in Sport Liverpool's Creepy Crawl!! 🕷️

Run or walk any distance you want, make sure you take lots of pictures & tag us while you're out and about looking your scariest! 😁 🧛‍♀️

Staff - we're looking at you too 👁️👁️

We want you too get involved with you families too - They may not be able to go trick or treating but you can go pumpkin hunting! 🎃

We can't wait to see you and don't forget to tag [@SportLiverpool](#) to be featured on our account. There may even be a prize for best dressed!

HALLOWEEN HIIT



SIGN UP

HALLOWEEN HIIT - JOIN IN OUR CLASS FROM THE CENTRE OR HOME!

Try our virtual spine-chilling Halloween HIIT class and don't worry you don't even have to leave your house! 🧛‍♀️ 🧛‍♀️ 🧛‍♀️

On Saturday 31st October at 12noon, we will be streaming a live Halloween themed HIIT class from the centre delivered by Instructor Jen.

We want you to get your Halloween costumes on and tag @Livunigym in your pictures for the chance to win some great prizes!! 🎃

CASHLESS PAYMENTS



**LET US KNOW
ABOUT YOUR
RECENT VISIT TO
THE CENTRE -
YOUR FEEDBACK IS
IMPORTANT**

WE ARE PART OF A CASHLESS CAMPUS - FIND OUT MORE

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!

**HOW WAS YOUR VISIT TO
THE CENTRE?**

LET US KNOW WHAT YOU THINK

SCAN HERE



WELLBEATS



WELLBEATS - COMING SOON

Wellbeats Virtual Fitness is an on-demand 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!

We are looking at bringing Wellbeats to you as an online resource soon so more information coming soon!

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](#)