



The countdown to Christmas is upon us and whilst this can be a time for celebration, it can have its pressures too. Here is a quick reminder of staff activities available to help keep yourself healthy during this busy time of year.



Circuit Training
Personal trainer led circuits
Book places through HR

Tuesday
4:35pm – 5:30pm
(Staff Room)



Scottish Slimmers
The College provides a weekly Scottish Slimmers class which is free to all staff
Contact HR for more information

Wednesday
8:00am – 9:00am
(Room 328)



Sing – Sing / Staff Choir
All staff are welcome to attend regardless of ability, there are no auditions. Please come along and take your vocal skill to new heights. Book places through HR

Wednesday
12:15pm – 1:00pm
(Room A103 – Annex)



Running/Walking Group
Various levels of intensity and distances, personal trainer led.
Book places through HR.

Wednesday
4:35pm – 5:30pm
(Meet up in Atrium)



Dance Class
Dancercise is an aerobic/dance class suited for all abilities. Each dancer is supported to work at their own level and pace and focus on general toning and fun. Book places through HR

Thursday
12:15pm – 1:00pm
(Room 133)



Mindfulness
We offer weekly Mindfulness classes
Book places through the Advice Centre.

Thursday
12:15pm – 1:00pm (LG72)
&
4:45pm – 5:30pm
(Library Group Study Room)