

# ONLINE WELCOME ACTIVITIES

MONDAY 21 SEPTEMBER TO FRIDAY 2 OCTOBER 2020

TAKE PART,  
WHEREVER YOU ARE.

If you're travelling from outside of the UK and will be quarantining in our Colchester campus accommodation, you can still get involved with our Online Welcome Activities.

Take part in a virtual fitness class, or meet the Sports Development team and learn about our Active Campus programme.

#WELCOMESSEX

MON 21 SEP	TUES 22 SEP	WED 23 SEP	THURS 24 SEP	FRI 25 SEP
ASK US ABOUT... ACTIVE CAMPUS 12-1pm	TOTAL TONE 1.00-1.30pm	HATHA YOGA 1.00-1.30pm	FREESTYLE FITNESS YOGA 1.00-1.30pm	HIIT WORKOUT AND Q&A 1.00-1.30pm
MON 28 SEP	TUES 29 SEP	WED 30 SEP	THURS 1 OCT	FRI 2 OCT
20 MINUTE ABS 1pm	TOTAL TONE 1.00-1.30pm	HATHA YOGA 1.00-1.30pm	FREESTYLE FITNESS YOGA AND Q&A 1.00-1.30pm	ASK US ABOUT... ACTIVE CAMPUS 4-5pm

**VISIT [ESSEX.AC.UK/SPORT/WELCOME](https://www.essex.ac.uk/sport/welcome)  
TO FIND OUT MORE AND BOOK YOUR PLACE**

Fitness classes will take place live on our Facebook page.  
'Ask Us About...' sessions will take place on Zoom.