

# #workout@work

## MONDAY MOVEMENT

(Functional training)

Functional fitness is a form of exercise that supports your everyday life. It includes movements such as walking, planking, bending, squatting, lunging, core. A full body workout.



**Monday**  
**Time:** 16:30 – 17:00  
**Venue:**  
Sport Science Centre

Classes officially start on  
1 February 2023

Monthly fee: R100  
Payment: Karri system  
Registration: <https://forms.office.com/r/TVeCLqZSs2>

You can take part in any or all of the following workouts for a monthly fee of only R100

For more information contact  
Arina Engelbrecht:  
[gesal@ufs.ac.za](mailto:gesal@ufs.ac.za) / 7211



## PILATES

Pilates strengthens the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.

**Tuesday & Thursday**  
**Time:** 12:50 – 13:20  
**Venue:**

KovsieFit, Callie Human Centre

## ZUMBA

Zumba is a form of fitness class in which you burn off calories by dancing to different kinds of lively tunes.



**Wednesday**  
**Time:** 16:30 – 17:00  
**Venue:**  
Sport Science Centre

## TABATA THURSDAY

(Functional training)

Tabata is a high intensity functional training exercise. It increases cardio fitness and is an impressive fat burner.

**Thursday**  
**Time:** 16:30 – 17:00  
**Venue:**  
Sport Science Centre



T: +27 51 401 2529 | E: [grimbeekl@ufs.ac.za](mailto:grimbeekl@ufs.ac.za) | [www.ufs.ac.za](http://www.ufs.ac.za)

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