FREE FITNESS FESTIVAL AT ETHOS

THURSDAY 8 OCTOBER

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LES MILLS CLASSES
HEALTH CHECKS
BODY MOTS
EXHIBITION
BODY & MIND
ACTIVE LIFESTYLE
TEAM

ALTITUDE
GET A FITNESS HIGH
FREE FITNESS FESTIVAL AT ETHOS
THURSDAY 8 OCTOBER

imperial.ac.uk/sports/altitude

LesMills
Welcome to ALTitude
ETHOS’ FIRST FITNESS FESTIVAL

Get a fitness high! On Thursday 8 October, join the Active Lifestyle team at Ethos for a day of fitness classes; battle through the high energy Les Mills sessions in the sports hall or take a more relaxing path and try pilates, yoga and meditation in the Body and Mind Zone. Elsewhere in Ethos get a health check, chat to Occupational Health and meet industry experts in sports nutrition at the exhibition.

What’s more - everything is FREE!

Be prepared to get hot and sweaty in these epic group classes led by Les Mills. This will be the biggest fitness party ever held at Ethos.

Unwind and de-stress whilst improving core and stability in this range of chilled workouts.

Talk to members of Occupational Health and the Active Lifestyles team about any aspects relating to your health and wellbeing.

With a range of exhibitors offering nutrition advice, clothing, supplements, and health products this is your opportunity to try, buy, learn and have a go!

Changing rooms are likely to be very busy - where possible try to arrive at class in exercise clothing.

Stay hydrated. Bring a bottle of water or a cold beverage. Drinks can be purchased from Ethos.

Book your class in advance. Classes can be booked on our website, over the phone or in person at Ethos reception.

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PHOTO COMPETITION
Share your pictures of the day with us on Facebook and Twitter and the best photo wins a goodie bag!

Be sure to use
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TIMETABLE

BATTLE ZONE sports hall

12.00 - Body Attack
13.00 - GRIT Strength
13.30 - CXworx
16.00 - Bodystep
17.00 - Bodypump
18.00 - Bodycombat
19.00 - Sh’Bam

BODY & MIND ZONE studio

08.00 - Pilates
11.00 - Tai Chi
12.00 - Yoga
13.00 - Gong Meditation
16.15 - Shakti Dance
17.15 - Qigong
18.15 - PiYo
19.15 - Restorative Yoga

WELLBEING ZONE gym

11.00 - 15.00
17.00 - 21.00
12.00 - 14.00

10-minute Body MOTs
Occupational Health on hand

EXHIBITION ZONE sports hall court 5

11.00 - 19.00

stalls and stands

BOOKING INFORMATION

#ALTitude

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MAX 100

people per session in Battle Zone
30

people per session in Body and Mind Zone

6 DAYS

Classes can be booked up to six days in advance

register and book online at: www.imperial.ac.uk/ethos
or in person at Ethos reception

DROP-IN SESSIONS

You do not need to book in advance to attend any activity in the Wellbeing Zone or the Exhibition Zone.

JUST TURN UP

100
30
Body Attack 12.00 - 12.55

The sport-inspired cardio workout for people who love training hard! Build your strength and stamina through high intensity interval training that combines athletic movement, strength and stabilisation.

Grit Strength 13.00 - 13.30

Using the Les Mills SMARTBAR™, weight plates and the bench, LES MILLS GRIT™ Strength is an intense 30-minute team training session that will blast all major muscle groups and take your training to the next level.

CXworx 13.30 - 14.00 EXCLUSIVE TO ALTITUDE

One of the best core and balance classes led by Les Mills. Taking pilates to a new level by using resistance bands and includes the latest music. This class helps improve core strength and postural balance.

Body Step 16.00 - 16.55 EXCLUSIVE TO ALTITUDE

If you love aerobics and step this class is for you. This workout is one of the best ways to tone your bum, legs and arms by combining step with weights and high intensity interval cardio.

Body Pump 17.00 - 17.55

A cool way to work out to music whilst weight training using a barbell and step. If you want to tone your body like never before but can’t seem to get the results by yourself, this class is for you.

Body Combat 18.00 - 18.55

This empowering, fiercely energetic cardio workout inspired by martial arts draws inspiration from disciplines such as Karate, Boxing, Taekwondo, Tai-Chi and Muay Thai.

Sh’Bam 19.00 - 19.55 EXCLUSIVE TO ALTITUDE

You needn’t be a good dancer to benefit and enjoy Sh’Bam! Shape up and let out your inner star in this choreographed, vibrant, unique and varied class.
DO YOU LOVE FITNESS? ARE YOU A SUPERSTAR WHO HASN’T BEEN DISCOVERED YET? CAN YOU INSPIRE AND MOTIVATE PEOPLE TO MOVE MORE AND FALL IN LOVE WITH FITNESS?

If this is you then you are exactly who Les Mills needs to join its team of amazing instructors. Whatever your personality there’s a Les Mills programme to suit you! Whether you prefer an intense, 30 minute workout that will take fitness to the next level with three unique LES MILLS GRIT™ workouts or you just want to teach a fun, workout where you can let loose with dance programmes like SH'BAM™, Les Mills has it covered! Les Mills is looking for more instructors in the UK and Ireland to inspire and motivate people to lead a healthier and happier lifestyle.

Earn as you learn!

What’s great about becoming a Les Mills instructor is that you can work(out) around your studies. You can teach at a time that suits you and earn while you have fun, meet new friends and work out! What’s not to love about that?

Les Mills is famous for offering world-class choreography and music – and instructor training. The initial training system is often described as a life-changing experience that teaches you all you need to know about its programmes, as well as what it takes to pack fitness studios with every class you take. Once you’ve been through it, there’s no turning back – the enthusiasm, passion and drive will have you hooked.

This international qualification allows you to teach Les Mills programmes in nearly 100 countries, but this is only the beginning. Les Mills knows the best energy and enthusiasm is hard to maintain, so every three months it rekindles the magic by producing fresh programming, music and educational material. Each week millions of people across the globe choose to work out with Les Mills, the brand behind results-driven programmes such as BODYPUMP™, BODYCOMBAT™ and GRIT™.

Who’s with us?

If you want more information about becoming a world-class Les Mills Instructor visit: www.lesmills.com/become-an-instructor-uk or call 0207 264 0200
STUDIO PILATES
08.00 - 09.00
A fantastic dynamic full body stretch and deep core workout, which hones in on postural muscle groups and develops overall toning.

Gong Meditation 13.00 - 14.00 EXCLUSIVE TO ALTITUDE
The Gong is one of our oldest therapeutic instruments and is used in yoga, sound mediation and vibrational therapy from the distant past to the present. This class is ideal for stress reduction, simulation of the glandular system and as a facilitator to break up emotional blockages.

Yoga 12.00 - 13.00
This class is the essential body and mind experience. Our yoga classes utilise a powerful mix of Ashtanga movements as well as more gentle Hatha stretches and relaxation techniques.

Tai Chi 11.00 - 12.00 EXCLUSIVE TO ALTITUDE
Tai Chi is a healing martial art that combines many martial arts movements with circulation, breathing, and stretching techniques.

Shakti Dance 16.15 - 17.15 EXCLUSIVE TO ALTITUDE
Shakti Dance is the 'yoga of dance'. A harmonious blend of flowing yoga stretches, energising dance exercises, free dance mediation, relaxation and synchronised mantra with movement.

Qigong 17.15 - 18.15 EXCLUSIVE TO ALTITUDE
Qigong is a holistic system of coordinated body posture, movement, breathing and meditation used for health, spiritually, and martial arts training.

PiYo 18.15 - 19.15 EXCLUSIVE TO ALTITUDE
Combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean and defined.

Restorative Yoga 19.15 - 20.30 EXCLUSIVE TO ALTITUDE
Props are used throughout this session to help you support your body so you can hold poses for longer, allowing you to open your body through passive stretching.

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OCCUPATIONAL HEALTH

Primarily for staff, the College’s Occupational Health Service provides services to protect health at work, assess and advise on fitness for work and ensure that health issues which can have an impact on ability to work and may be affected by work, are effectively managed.

The services Occupational Health offer are:
- Advice and counselling
- Employment health screenings of new staff
- Health surveillance
- Fitness assessment
- Well Person screening programme
- Treatment services
- Travel advice

Come and speak to the team between 12.00 - 14.00 to find out more or visit their website: www.imperial.ac.uk/occhealth

If you have a specific target - and that target is to lose fat and tone up - then this self-managed programme is for you.

Created by the Active Lifestyle Team, The Cutting Guide has set out this programme to help you achieve the most effective fat loss for you within 30 days. The team will assess you and provide your personal stats and targets to enable you to achieve this the best way for you.

If you have the perseverance and drive to commit to a tailored diet and a varied but strict exercise regime, then why not give it a go? It won’t be easy but it will be worth it!

“I was already a regular in the gym and attended loads of classes, but having a body assessment highlighted that what I really needed to do to achieve my goals was tweak my diet. Having someone calculate my macros based on my specific needs, combined with training support and advice helped me get better results than I thought possible in just a few weeks. I’m very happy with the results!”

- Hannah Somani, Research Postgraduate
LAUNCHED IN 2006 BY DARREN CAMPBELL MBE, OLYMPIC GOLD MEDALIST AND JON WILLIAMS BSC, WRU NATIONAL SQUAD NUTRITIONIST

PAS PRODUCTS HAVE BEEN THE CHOICE OF PROFESSIONAL SPORT TO IMPROVE PERFORMANCE AND AID RECOVERY

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Scientifically batch tested for safety

WWW.PAS-NUTRITION.CO.UK
**EXHIBITION ZONE**
**SPORTS HALL COURT 5**
**11.00 - 19.00**

With a range of exhibitors offering nutrition advice, clothing, supplements, and health products, this is your opportunity to try, buy, learn and have a go!

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**Neal’s Yard Remedies - Organic Health and Beauty**

Best known for its iconic blue bottles, Neal’s Yard Remedies is the UK’s foremost destination for natural and organic beauty. They offer the UK’s largest range of certified organic health and beauty products - all of which can be found at their High Street Kensington store.

From the beginning, it’s their eco-principles that have set them apart from the rest – they were the first certified organic health and beauty company, and the first company to produce Soil Association Certified cosmetics.

Neal’s Yard Remedies eco-factory in Dorset is where all the magic happens. Products are created in small batches, using premium quality, ethically sourced, organic ingredients, to ensure their purity and efficacy, and the production team check every single bottle, jar and tube by hand to ensure ultimate quality. It’s this care and attention to detail that has made Neal’s Yard Remedies the multi-award winning, high quality health and beauty brand it is today.

At Neal’s Yard Remedies, beauty isn’t just skin deep; since the beginning they have believed that beauty begins from within, promoting good health from the inside with herbs and natural remedies, and from the outside with certified organic skincare formulations made from all natural ingredients that make a visible difference to your skin.

With a store on Kensington High Street, you have access to a one-stop shop for complete holistic health and wellbeing. Expert staff are available to offer you a skin consultation, as well as talk you through the complete range of superfoods, supplements and holistic therapies including massage and reflexology.
Personal Training

It is proven that those who invest in personal training achieve far greater results than those who work out on their own. Our qualified personal trainers help keep you motivated to achieve your goals; whether you want to lose a few extra pounds, run a marathon, or simply improve your fitness levels.

Our Personal Trainers

Paul Smethurst
With over 10 years experience in the health and fitness industry, Paul provides a complete and holistic approach to health and wellbeing.

Contact
07729 777760
admin@thrive-health.tv
www.thrive-health.tv

Zoe Shelley
Zoe is a level 3 qualified personal trainer, an ambassador for UK fitness brand Every Second Counts, and has a strong desire to help others achieve their fitness goals through structured and intelligent training.

Contact
07834 727048
zoe@trainingwithzoe.com
www.trainingwithzoe.com

Ali Al-Ramahi
Ali qualified as personal trainer with Future Fit Training and is registered as level 3 Instructor with the Registrar of Exercise Professionals.

Contact
0203 700 3101
admin@optimum-health.co
www.optimumh.co.uk

Sofia Walker
A recent Imperial graduate, Sofia has qualified as a Fitness Instructor and Personal Trainer with Love Fitness Education, and is registered as a Level 3 Instructor with the Registrar of Exercise Professionals.

Contact
0203 700 3101
admin@optimum-health.co
www.optimumh.co.uk

Read the full profiles of our personal trainers online at www.imperial.ac.uk/ethos/services

Our Active Lifestyles Team organise a range of activities that prioritise fun and fitness over competition to make sure that sport is no barrier to anyone who wants to stay in shape.

More than 50 exercise classes a week, free fast classes, a successful weight management programme, wellbeing programme and an annual calendar of free events are just some of the options available to motivate you.

Find out more about the ways in which you can Get Active and the services the Active Lifestyles Team offers at www.imperial.ac.uk/sport/get-active
Welcome to Ethos
Imperial’s flagship sports centre

Opening hours
Monday - Friday
07.00 - 22.00
Weekends
08.00 - 20.00

Registration
You must register online and book an orientation before you can gain access to the centre

Free swim and gym
Enrolled students are entitled to free swim and gym at all campuses
Student rates apply to all other activities

www.imperial.ac.uk/ethos

Ethos facilities:

• state-of-the-art Energia fitness gym
• 25 metre deck-level swimming pool
• sauna, steam room and spa pool
• air-conditioned exercise studio with semi-sprung flooring
• strength and conditioning facilities
• two squash courts
• five-badminton court sports hall
• nine metre climbing wall
• sports therapy treatment rooms
• café

free swim & gym for enrolled students