

MANFIT Schedule at The Manchester College, Openshaw

Weekly exclusive sessions for the year – people will be told in advance of any cancelled sessions.

***Time:* 10.45am at the fitness suite (leave enough time to be able get there especially if changing allow at least 15 minutes). Everyone has to clear the gym at 11.45 am.**

***Location:* The Manchester College Fitness Suite (First floor off the reception area – a lift is available), The Manchester College, Ashton Old Road, Openshaw, Manchester M11 2WH. You will be met at reception and taken to the gym.**

Class Schedule:

1. Everyone is asked to sign a statement to say they are fit enough to exercise with no major health problems particularly heart problems.
2. A fitness assessment will be done for every new person who wants it. One-to-one instructions and a programme will be given if you want it.
3. Induction into the gym will take place in a person's first session.
4. Tokens worth £3.00 will eventually be available to spend in the restaurant /cafe at 11.30 onwards once sessions have been established for a while.
5. At least 2 dedicated trainers are available at each session.
6. The gym contains both aerobic and strength machines all of which are adaptable to any disability.

Clothing:

1. Everyone needs to wear suitable clothing e.g. loose-fitting track suits and tee-shirts (T-shirts with the MANFIT logo will be available until they are all used up). Training shoes are needed for everyone except wheelchair users.
2. Anyone wanting to change or store clothing and items at The Manchester College will be provided with a padlock for a locker.

Rules of behaviour:

MANFIT rules are made available to all new members.

Parking:

On entering The Manchester College, drive down to the T- junction, turn right, ask the man at the gate to let you through as you are going to the gym for the Manchester Amputee Fitness Initiative. There should be some parking spots available relatively close to the building. Walk along the path towards the main entrance and enter at the side of the restaurant. The reception desk is in front of you to the left. There are disabled spaces available but if they are all filled people can display their blue badge and park on the college road. Enter the main door and the reception desk is straight in front of you where you will be asked to sign a register and where you can ask for someone to take you to the fitness suite.

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