

MANFIT Schedule at The Manchester College, Openshaw

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

Time: 10.30am at the fitness suite (leave enough time to be able get there especially if changing allow at least 15 minutes). The gym is available from 9.30am if people want it – as long as everyone has cleared the gym by 11.30 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.

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. This will be done in the first couple of sessions. It will take 5-10 minutes and involve tests such as Body Mass Index (BMI) and Blood Pressure (BP) measurement. Everyone will be given their results and a test will be carried out at a later date to compare and assess improvements.
3. Induction into the gym will take place in a person's first session.
4. Tokens worth £3.00 will be available to spend in the restaurant /cafe at 11.30 onwards.
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. The Manchester College have also provided us with specialised equipment such as a ball in a chair (to prevent people with back or upper body disabilities from falling off), handle adapters etc.

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:

4 or 5 spaces are provided at the front of the building (coned off) for people who find it difficult to walk more than a few metres. Enter the main door and the reception desk is straight in front of you where you can ask to be directed to the fitness suite. For those who can walk further spaces are available at the rear of the building: on entering The Manchester College, drive down to the T-junction, turn left, go straight, following car park signs – then turn right around the back of the building (past a bus driver training school) to the car park where the pergolas are situated. There should be some parking spots available relatively close to the building. Walk along the trellised path to the restaurant enter at the side of the restaurant. The reception desk is in front of you to the left.

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