

Monday, 3 – Sunday, 9 November 2025

1-1 Fitness Advice	Personal Training: Want to improve your fitness? Get stronger? But don't know where to start...then book for an initial consultation to discover how you can. Get a suitable training plan, build confidence in the gym and receive the support and accountability to help you reach your potential. Nutritional Coaching: Build lasting habits to help you eat better that will allow you to improve body composition, become healthier, reduce stress and fuel your fitness goals. <i>* If you would like an online appointment via Teams, please email Christian Regis to arrange this, after booking your appointment on the Booking System.</i>	Christian Regis Staff Fitness Coach	Please email Chris Regis
1-1 Wellbeing Advice	Our Wellbeing Advisor, Lorraine Evans, is available for 121 sessions to support all staff and to help identify the best tools and techniques to improve health and wellbeing. The sessions are available to staff on sickness absence, or to staff in work who may be struggling with a health or personal issue and need support to manage the condition more effectively in the workplace. These sessions can take place face to face at her office or on campus at a location to suit you.	Lorraine Evans Wellbeing Advisor	Please use the booking system to make an appointment Click here

Monday, 03 November 2025

Time	Title	Description	Presenter/ Venue	How to book
17:00 – 17:45	Fitcamp	Join Fitcamp for a transformative and inclusive fitness experience that caters to both beginners and seasoned athletes. Whether you're taking your first steps towards a healthier lifestyle or seeking to elevate your fitness game, Fitcamp has you covered. Exercises can be adapted to your fitness level, ensuring a challenging yet achievable journey. With a supportive community, and a variety of engaging exercises, Fitcamp is the ideal place to kickstart your fitness journey or take it to the next level. Get ready to push your limits, build strength, and achieve your fitness goals in an environment that welcomes everyone.	Christian Regis Sports Centre Tycoch	Please use the booking system to book a place Click here
18:15 – 19:00	Gym & Cardio Circuit <i>*£3.00 with Sports Centre Membership</i>	To follow	Kriss Kulner Sports Centre Tycoch	Email: Kristina Kullner

Time	Title	Description	Presenter/ Venue	How to book
06:45 – 07:30	Bootcamp	Total body workout with a focus on functional strength & HiiT training.	Christian Regis Sports Centre Tycoch	Please use the booking system to book a place Click here
07:15 – 08:00	Spin* * Morning Spin £3.00	Spinning, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.	Claire Bickford Sports Centre Tycoch	Please use the booking system to book a place Click here
10:00 – 12:30	Wellbeing Roadshow (JC)	This is an opportunity to meet the team and talk through any wellbeing issues, mental or physical, whilst having a cuppa and a sweet treat. Christian will be bringing his <i>Inbody Assessment</i> machine which is a 10 minute check that evaluates body composition, i.e. protein, minerals, body water, fat and muscle. He will go through the results with you and advise on nutrition or exercise plans that may help you to achieve personal goals. Or you can pop along to chat to Lorraine to find out what support is available for mental health, financial, cancer checks, legal and many other issues. We also have a range of wellbeing products available to try out and loan to staff so please take the opportunity to come down and have a look to see what is on offer.	Lorraine Evans/Christi an Regis Face to face / Teams	
12:30 – 13:30	Strength Training	Designed for individuals who are already familiar with basic strength exercises, this class will take your strength journey to the next level. You'll engage in the 'Big Lifts', i.e. Deadlifts, Squats, Over Head presses etc. utilising barbells, dumbbells and kettlebells. With a focus on proper form and technique, you'll enhance your strength, endurance, and overall fitness level. Most workouts finish with a 'Met Con' to finish on a high and improve overall body conditioning. Whether you're aiming to build lean muscle, improve performance in sports, or simply boost your overall health, this class offers the perfect balance of challenge and progress.	Christian Regis The Forge Sports Centre Tycoch	Please use the booking system to book a place Click here

Time	Title	Description	Presenter/ Venue	How to book
13:00 – 13:45	Spin	Spinning, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.	Claire Bickford Sports Centre Tycoch	Please use the booking system to book a place Click here
17:00 – 18:00	Badminton	Play some casual rallies with a colleague or have a competitive game, badminton is for everyone. By joining the Staff Badminton Team you can check beforehand if the session will be running.	Sports Centre Tycoch	Join the Staff Badminton Team using the code 2gm2p4g
17:00 – 18:00	Hour of Power (HOP)	Now into it's 4 th decade of changing lives through empowering and mindful exercise, "HOP" remains the only group exercise workout that can measurably bring your upper body and lower body into fitness and energy balance. Far more than just another studio workout - Hour of Power® is a vitality strategy for life!	Christian Regis Sports Centre Tycoch	Please use the booking system to book a place Click here

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06:45 – 07:30	Bootcamp	Total body workout with a focus on functional strength & HiiT training.	Christian Regis Sports Centre Tycoch	Please use the booking system to book a place Click here
09:00 – 12:00	Wellbeing Appointments	Our Wellbeing Advisor, Lorraine Evans, is available for 121 sessions to support all staff and to help identify the best tools and techniques to improve health and wellbeing. The sessions are available to staff on sickness absence, or to staff in work who may be struggling with a health or personal issue and need support to manage the condition more effectively in the workplace. These sessions can take place face to face at her office or on campus at a location to suit you.	Lorraine Evans Face to face / Teams	Please use the booking system to book a place Click here
09:30 – 10:00	Sports Massage	Receive treatment to help improve recovery from training, ongoing aches and pains or simply to help with relaxation and reduce stress levels.	Christian Regis Sports Centre Tycoch	Please use the booking system to book Click here
12:30 – 13:30	Full Body Circuit Class	Come and join this full body, high intensity circuit training class. Limited numbers, so booking is essential	Chris Regis The Forge Sports Centre	Please use the booking system to book Click here
16:00 – 17:00	Staff Table Tennis	This is suitable for any age and fitness level – it's easy to play and a great way to get active!	Sports Centre Tycoch	No need to book, Just turn up
18:15 – 19:00	Spin* * £3.00	Spinning, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.	Kriss Kullner Sports Centre Tycoch	Email: Kristina Kullner
19:00 – 20:00	Pilates Stretch & Relaxation* <i>*Free with Sports Centre membership / £7.50 for non members</i>	Pilates is a unique form of exercise that conditions the whole body by improving strength, body awareness and alignment, flexibility, balance and coordination	Kriss Kulner Sports Centre Tycoch	Email: Kristina Kullner

Friday, 7 November 2025

Time	Title	Description	Presenter/ Venue	How to book
07:15 – 08:00	Spin* *Morning Spin £3.00	Spinning, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.	Claire Bickford Sports Centre Tycoch	Please use the booking system to book a place Click here
12:30 – 13:30	Pickle Ball	Pickle ball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. No booking required just turn up to give it a try!	Claire Bickford Sports Centre Tycoch	No need to book, just turn up at: Sports Centre Tycoch
16:00 – 17:00	Staff 5-aside Football	This is a drop-in session with no set structure on a Friday afternoon. Playing recreational football is a great way to reduce inactivity levels, increase fitness and decrease stress while making new friends!	Sports Centre Tycoch	No need to book, just turn up at: Sports Centre Tycoch
17:15 – 18:00	Gym & Cardio Circuit <i>*£3.00 with Sports Centre Membership</i>	To follow	Kriss Kulner Sports Centre Tycoch	Email: Kristina Kullner

Saturday, 1 November 2025

Time	Title	Description	Presenter/ Venue	How to book
08:15 – 09:00	Spin* * £3.00	Spinning, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.	Kriss Kullner Sports Centre Tycoch	Email: Kristina Kullner
08:30 – 09:30	Hour of Power (HOP)	Now into it's 4 th decade of changing lives through empowering and mindful exercise, "HOP" remains the only group exercise workout that can measurably bring your upper body and lower body into fitness and energy balance. Far more than just another studio workout - Hour of Power® is a vitality strategy for life!	Christian Regis Sports Centre Tycoch	Please use the booking system to book a place Click here

Sunday, 2 November 2025

Time	Title	Description	Presenter/ Venue	How to book
09:00 – 10:00	Swimming	We are offering staff swimming lessons and coaching as a part of our health and wellbeing initiative. Lessons will take place at 9-10am on a Sunday morning at the Welsh National Pool with the aim of improving swimming confidence, technique, and fitness. We offer two levels of instruction for begin-again (those who have some swimming experience but would like to improve) and intermediates. For health and safety reasons we do require that begin-again swimmers are able to swim one length of a 25m swimming pool in either front crawl or breaststroke without assistance. Limited spaces available	Daniel Jones National Pool Sketty Lane Swansea SA2 8QG	Please use the booking system to book a place Click here
17:00 – 18:00 18:00 – 19:00	Pilates Stretch & Relaxation* * Free with Sports Centre membership / £7.50 for non members	Pilates is a unique form of exercise that conditions the whole body by improving strength, body awareness and alignment, flexibility, balance and coordination	Kriss Kullner Sports Centre Tycoch	Email: Kristina Kullner