

FILL CLASS DESCRIPTIONS

Fill Pickleball

Suitable for all levels of play, from absolute beginners upwards. Equipment is supplied just make sure to have suitable footwear. Help, guidance, and instruction are given. We organise and supervise match play to enable everyone to feel comfortable.

Pickleball

A monthly pickleball skills and drills session, mostly aimed at newbies and beginners but not specifically FILL. It's open to anyone who wants to focus on specific issues or improve their technique. Beginners through to level 3.5

Fill Walking Football

A weekly session where games of walking football are played, small, sided games spilt into 15 minute halves.

Fill Climbing

The classes taught range from teaching a novice to understand basic safety on and around the climbing wall, how to put on a climbing harness, how to tie a rope to that harness, how to belay a climber (safely enable the climber to climb up and down the wall) through to teaching different techniques to improve a climber's ability and confidence; an increase the climber's enjoyment in climbing. All the equipment is provided.

Fill Yoga

Is an active class with a warmup, flow and floor movement section with stretch and relaxation with conscious breathing closing. All the movement is yoga-based with attention to posture and core strengthening.

Zumba Gold

Zumba Gold is designed for older active adults who wants a low-intensity Zumba class. The routines are easy-to-follow, using mainly uplifting Latin rhythms. Zumba toning sticks can be used for some of the routines.

Dance Mobility

This is a low-impact dance exercise class for people who want to improve posture, balance, and joint mobility. The dance routines use popular, motivating music. It is an enjoyable and friendly class.

Dance Fitness

This is a lively dance class which uses a wide variety of tempos and dance styles. people with all abilities are welcome. Everyone works at their own level of fitness, and this can improve over time.

Star Exercise Group for Parkinson's

This is an enjoyable, mainly seated, exercise-to-music session for people with Parkinson's. Partners are welcome to attend. The instructor has had specialist training with the Dance for Parkinson's organisation.

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Aquafit

Aquafit is the perfect introduction to water-based exercise, particularly if you are returning to exercise after an injury/replacement or brand new. Using the resistance from the water; slower movements with foam dumbbells increase muscle tone and more energetic bodyweight movements increase the mobility in joints without the impact. This fun class is a great way to gain confidence in the water along with decreasing your heart, and increasing your flexibility and range of movement.

Core Strength

This is a 55 minute class, focused on building core fitness; locating, isolating and building strength using sequence and breath techniques, for all levels of fitness and experience.

Fill Hill

For all ages and abilities, develop your cardiovascular health, full body & functional strength, receive guidance on how your core can support your spine during exercise during this all-round fitness class. broken down into four parts; increasing heart rates and working on endurance, light resistance dumbbell and balance exercises, working on core and pelvic floor muscles and finish with stretch.

Fill Circuits

Take the whole body through a workout whilst using a wide variety of gym equipment. Learn lots of new exercises that are suitable for all abilities, whilst listening to some of the best songs from the 60's, 70's, 80's and 90's.

Fill Badminton

Is Organised games of mixed doubles badminton, with all equipment provided, we aim to provide a fun, fair and friendly environment where everyone is welcome. Fun, organised and relaxed games of social badminton and a great place to start your Fill badminton journey.

Ladies Badminton

An intermediate ladies only session, organised games playing to 21, shuttlecocks are provided.

Advanced Badminton

A competitive badminton session for advanced players, mixed and level doubles, organised games for those who like a challenge and are more competitive!

Social Badminton

Social badminton provides tactical and technical coaching, is suitable for complete beginners or even players who just haven't played in a while.

Fill Tennis

T Fun, friendly and sometimes spirited short sets of doubles and singles with occasional coaching when requested.

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Fill Table Tennis

A good mix of recreational to semi-competitive table tennis doubles games in a fun and friendly environment.

Walking Netball

T A mix of passing, shooting and defending drills with a variety of games based situations like 7-aside or 5-aside walking netball (plenty of time for rest and substitutions!)

Any questions email scd.sportspark@uea.ac.uk