Other essentials

- Please check in at the ISE and Swimming Pool reception areas before each session to register your attendance.
- Booking in advance may be required if classes are busy. You can book by 1. calling reception, 2. using our booking app, or 3. in person.
- If you pre-book and cannot attend, please call us and cancel your booking or you may incur a no-show fee.
- Please ensure you turn up for class on time. The warm up is an important part of your programme. Latecomers may not be given access to the class.
- Please complete a health PARQ and inform a member of staff should you have any changes to your health that may affect your participation at ISE.

ISE senior member

How we use your data
The University of Dundee processes your data to administer your membership of ISE and providing its services to you. Your information is used for a full range of ISE activities, including the management and provision of ISE services and sending you information about ISE programmes and benefits. Your information may also be used to contact you about fundraising, marketing or promotion of the University and/or ISE.

By signing below you consent to the University of Dundee processing your information. Where you disclose sensitive (or special categories) of personal data to ISE, for example information on medical conditions, you consent to the University processing that data.

Your information may be disclosed to third parties where they act as agents for the University (for example in the provision of software or services) or where required by law. This may involve transferring your information outwith the European Economic Area.

We respect your rights in relation to your data. If you wish to, update, access, erase or limit the use of your information, please email ise@dundee.ac.uk.

For more information on how the University uses your information please see dundee.ac.uk/ise. If you wish to complain about the use of your information please contact the University’s Data Protection Officer - dataprotection@dundee.ac.uk.

You may also wish to contact the Information Commissioner’s Office.

Getting in touch
For information on the Active living membership and programme, please contact:

Hazel Ednie
Programme Manager
h.c.ednie@dundee.ac.uk
01382 385177

ISE membership has given me more than just access to a whole range of classes. As well as helping me to keep fit and active it has allowed me to meet lots of lovely people, staff and members alike and have fun while exercising. For me it ticks all the boxes for health and wellbeing.”

ISE senior member
### Class Descriptors

#### Active Living Circuit
An entry level class ideal for individuals referred into the programme (e.g. cardiac rehab, diabetes clinic, GP) and beginners looking to increase activity levels. The circuit includes exercises for heart and lungs, muscular strength endurance and balance. Designed to allow participants to work at their own pace.

#### Active Sleek
A strength class designed to maintain and improve muscular strength and endurance. The 50 minute session will focus on balance, posture and good technique through the use of resistance equipment.

#### Aerobics
A 50 minute moderate intensity exercise to music class. This low-impact, cardiovascular choreographed session is for anyone who likes to dance.

#### Aquanastics
A fun and effective way to exercise the heart, lungs and muscular system. The buoyancy of the water is especially beneficial for individuals with limited mobility and joint conditions. A poolside chair provides assistance into the water. Non-swimmers are welcome.

#### Chair Yoga
This class offers participants options to progress through adapted yoga stretches and poses on the chair. Standing and some floor exercise is optional.

#### Relax-in-Chair Yoga
A chair-based session focusing on gentle, adapted yoga stretches including balance exercises and relaxation. Suitable for individuals with limited mobility and yoga first timers.

#### Starter Circuit
An entry level class ideal for new exercisers or individuals referred for health benefits (e.g. cardiac, rehab, diabetes clinic, GP). The circuit includes cardiovascular, muscular strength, balance and flexibility exercises. Participants are encouraged to exercise at their own pace guided by a qualified GP referral exercise instructor.

#### Tai Chi
This class is taught as a series of slow, low-impact movements which integrate the breath, mind and activity to promote a greater sense of well-being and awareness. This class is done standing. Soft shoes, yoga socks or bare feet are advised.

#### Mat Yoga 1
An entry level mat based yoga class. For participants who require a gentle, supported sequence of mat exercises. Exercises are in lying, sitting and kneeling position, therefore, participants should be capable of stretching on the floor.

#### Mat Yoga 2
For participants capable of stretching on the floor who enjoy more challenging poses. This class features longer sequences and levels of progression are encouraged.

---

### Morning classes

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ball Pilates</strong></td>
<td><strong>Active Living Bike</strong></td>
<td><strong>Aquanastics</strong></td>
<td><strong>Active Living Bike</strong></td>
<td><strong>Active Living Bike</strong></td>
</tr>
<tr>
<td>09:30 – 10:15 Studio 2</td>
<td>09:30 – 10:00 Studio 3</td>
<td>09:05 – 09:55 Pool</td>
<td>09:30 – 10:00 Studio 3</td>
<td>09:30 – 10:00 Studio 3</td>
</tr>
<tr>
<td><strong>Aerobics</strong></td>
<td><strong>Aquanastics</strong></td>
<td><strong>Mat Yoga 2</strong></td>
<td><strong>Mat Yoga 2</strong></td>
<td><strong>Chair Yoga</strong></td>
</tr>
<tr>
<td>09:15 – 10:05 Studio 1</td>
<td>10:10 – 11:00 Studio 3</td>
<td>09:15 – 10:15 Studio 2</td>
<td>09:30 – 10:30 Studio 2</td>
<td>09:30 – 10:30 Studio 2</td>
</tr>
<tr>
<td><strong>Active Living Circuit</strong></td>
<td><strong>Active Living Sleek</strong></td>
<td><strong>Active Living Circuit</strong></td>
<td><strong>Active Living Circuit</strong></td>
<td><strong>Active Living Circuit</strong></td>
</tr>
<tr>
<td>10:30 – 11:30 Studio 1</td>
<td>10:30 – 11:20 Studio 1</td>
<td>10:30 – 11:30 Studio 1</td>
<td>10:30 – 11:20 Studio 1</td>
<td>10:30 – 11:30 Studio 1</td>
</tr>
<tr>
<td><strong>Tai Chi</strong></td>
<td><strong>Relax-in-Chair Yoga</strong></td>
<td><strong>Aerobics</strong></td>
<td><strong>Tai Chi</strong></td>
<td><strong>Mat Yoga 1</strong></td>
</tr>
<tr>
<td><strong>Aquanastics</strong></td>
<td><strong>Aquanastics</strong></td>
<td><strong>Aquanastics</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:10 – 12:00 Pool</td>
<td>11:10 – 12:00 Pool</td>
<td>11:00 – 11:50 Pool</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

### Afternoon classes

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Active Living Circuit</strong></td>
<td><strong>Active Living Sleek</strong></td>
<td><strong>Active Living Sleek</strong></td>
<td><strong>Active Living Circuit</strong></td>
<td><strong>Active Living Circuit</strong></td>
</tr>
<tr>
<td>15:00 – 16:00 Studio 1</td>
<td>10:30 – 11:30 Studio 2</td>
<td>10:30 – 11:30 Studio 1</td>
<td>10:30 – 11:30 Studio 1</td>
<td>10:30 – 11:30 Studio 1</td>
</tr>
<tr>
<td><strong>Starter Circuit</strong></td>
<td><strong>Starter Circuit</strong></td>
<td><strong>Starter Circuit</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17:35 – 18:20 Studio 1</td>
<td>17:35 – 18:20 Studio 1</td>
<td>17:35 – 18:20 Studio 1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

The active living and seniors exercise programme is aimed at individuals living with a long term condition and people aged 60+.

Please check the ISE noticeboards, webpage, app and our facebook page for other Active Living Programme updates and events.