

# » UFIT WOMEN'S WELLNESS FESTIVAL SCHEDULE

## MENOPAUSE

11:15 AM -  
12:15 PM

### STRONG THROUGH MENOPAUSE

Physical strength becomes increasingly important for women as they age. Come and learn how to train for this life stage and ways to approach the hormonal changes. Tailored to all levels.

### CONDUCTED BY

UFIT COACHES ALY & BETH

### LOCATION

MAIN GYM



FORMAT: WORKOUT

12:30 PM  
- 1:30 PM

### MENOPAUSE UNMUTED: KNOWLEDGE IS POWER

Join respected women's health professional, Dr. Sital from Osler Health to discuss menopause, hormones, and how lifestyle choices can help women thrive during this important life stage. The science of menopause is clear: with a personalised approach to care, women can better manage symptoms and not only survive - but truly thrive.

### CONDUCTED BY

UFIT COACH ALY & DR. SITAL  
(OSLER HEALTH)

### LOCATION

SHOWROOM



FORMAT: TALK

## BATTLE CANCER

11:15 AM -  
12:15 PM

### REBUILD & RESTORE PILATES

A gentle, empowering mat Pilates session led by a certified Cancer Exercise Specialist, focused on rebuilding strength, mobility, posture, and body confidence at a pace that respects recovery. We'll request details on cancer history & relevant medical details etc, so the session can be tailored accordingly.

### CONDUCTED BY

UFIT COACH LI YAN

### LOCATION

CLASSROOM (LEVEL 2)



FORMAT: MAT PILATES

12:30 PM  
- 1:30 PM

### STRONGER ON THE OTHER SIDE

A personal and empowering talk on rebuilding trust in your body after cancer. UFIT Coach Cassie shares the mindset shifts and small habits that helped her return to training, energy, and joy without pressure or perfection.

### CONDUCTED BY

UFIT COACH CASSIE

### LOCATION

PHYSIO CLINIC (LEVEL 2)



FORMAT: TALK



# »»UFIT WOMEN'S WELLNESS FESTIVAL SCHEDULE

## INTRODUCTION TO STRENGTH TRAINING

11:15 AM -  
12:15 PM

### GETTING STARTED WITH STRENGTH TRAINING

A practical intro to strength training to help you feel confident stepping into the weights room. Learn why it matters, technique essentials, how to build a routine you'll actually stick to, and the most common myths that hold women back.

### CONDUCTED BY

UFIT COACHES ALICE & DEVINA

### LOCATION

SHOWROOM



FORMAT: TALK

12:30 PM  
- 1:30 PM

### FOUNDATIONAL STRENGTH

A beginner-friendly strength workout that teaches the fundamentals with clear coaching cues to help you build confidence and train safely.

### CONDUCTED BY

UFIT COACHES ALICE,  
DEVINA & BETH

### LOCATION

MAIN GYM



FORMAT: WORKOUT

## PRE / POST NATAL

11:15 AM -  
12:15 PM

### TRAINING SAFELY THROUGH PREGNANCY & POSTPARTUM

An expert-led guide to staying active through each trimester and postpartum, with pelvic floor considerations, what to focus on, what to modify, common myths, and how to return to training safely after birth.

### CONDUCTED BY

UFIT COACH ANOOSHA &  
DR. SITAL (OSLER HEALTH)

### LOCATION

PHYSIO CLINIC (LEVEL 2)



FORMAT: TALK

12:30 PM  
- 1:30 PM

### PILATES FOR PREGNANCY & POSTPARTUM

A safe, expert-led mat Pilates session supporting core strength, posture and pelvic health tailored to wherever you are in pregnancy or postpartum recovery. We'll request details on what stage you're at so the session can be tailored accordingly.

### CONDUCTED BY

UFIT COACH LI YAN

### LOCATION

CLASSROOM (LEVEL 2)



FORMAT: MAT PILATES

## NETWORKING & COMMUNITY

1:30 PM -  
2:00 PM

### NETWORKING AND COMMUNITY

Free to mingle & enjoy some refreshments! Spend some time checking out our partner booths in the yard, connecting with members of the UFIT Team and other attendees.

### LOCATION

YARD

