

Fitness Timetable

Fitness and Aerobic Workouts
Aimed at raising the heart rate and improving general fitness

Fitness on Demand (F.O.D)
Virtual Instructor sessions

Junior Fitness Sessions
High energy supervised sessions for ages 11 to 15 years

Mind And Body Workout
Improve muscle strength, core stability and posture as well as an inner sense of well being

Water Based Exercise
Water based sessions are in the 25m Pool

Monday	
7.10am - 8.10am	F.O.D Combat
9.30am - 10.30am	Yoga
9.30am - 10.30am	Cardio Club
12.30pm - 1.30pm	F.O.D Power Step
4.00pm - 4.45pm	Junior Gym
4.20pm - 4.50pm	F.O.D Cycle
5.00pm - 5.45pm	Studio Cycle
5.45pm - 6.30pm	Studio Cycle
6.30pm - 7.15pm	Studio Cycle
7.00pm - 7.45pm	High Intensity Workout
7.45pm - 8.15pm	Abs Class
8.15pm - 9.00pm	Boot Camp

Tuesday	
7.10am - 7.40am	F.O.D Strength
7.45am - 8.15am	F.O.D Mind and Body
9.30am - 10.30am	Hips, Bums and Tums
10.00am - 11.00am	Chairbics
10.45am - 11.30am	Studio Cycle
4.00pm - 4.45pm	Junior Gym
4.35pm - 5.05pm	F.O.D Cycle
5.15pm - 6.00pm	Studio Cycle
6.00pm - 6.45pm	Studio Cycle
7.00pm - 7.30pm	Abs Class
7.30pm - 8.15pm	Kettle Bells
8.15pm - 9.15pm	INSANITY LIVE

Wednesday	
7.10am - 7.45am	F.O.D Cycle
7.45am - 8.15am	F.O.D HIIT
9.30am - 10.30am	F.O.D Power Step
9.30am - 10.30am	Aquacise
9.45am - 10.45am	Low Impact Circuits
10.45am - 11.45am	Zumba
12.30pm - 1.15pm	F.O.D HIIT
4.00pm - 4.45pm	Junior Gym
5.25pm - 5.55pm	F.O.D Combat
5.30pm - 6.15pm	Circuit Training
6.00pm - 6.45pm	PiYo
6.15pm - 7.00pm	Circuit Training
6.15pm - 7.00pm	Studio Cycle
7.00pm - 7.45pm	Studio Cycle
8.00pm - 8.45pm	Hips, Bums and Tum
8.00pm - 9.00pm	Yoga

Thursday	
7.00am - 7.45am	Kettle Bells
9.30am - 10.30am	Yoga
9.45am - 10.30am	Studio Cycle
10.30am - 11.30am	Pilates
11.15am - 12.45pm	Forever Active
12.30pm - 1.00pm	F.O.D Strength
12.45pm - 1.45pm	Low Impact Circuits
4.00pm - 4.45pm	Junior Gym
4.35pm - 5.05pm	F.O.D Cycle
5.15pm - 6.00pm	Studio Cycle
6.00pm - 6.45pm	Studio Cycle
7.15pm - 8.15pm	Zumba

Friday	
7.10am - 7.45am	F.O.D Cycle
7.45am - 8.15am	F.O.D Cardio
9.30am - 10.30am	Low Impact Circuits
9.30am - 10.15am	Studio Cycle
10.45am - 11.30am	Chair-based Tai Chi
4.00pm - 4.45pm	Junior Gym
4.50pm - 5.20pm	F.O.D Cycle
5.30pm - 6.15pm	Studio Cycle
6.30pm - 7.30pm	F.O.D 500+ Calories

Saturday	
8.45am - 9.30am	Studio Cycle
9.30am - 10.15am	Studio Cycle
11.30am - 12.15pm	Junior Gym

Sunday	
9.00am - 9.45am	Studio Cycle
10.00am - 10.45am	HIIT <small>High Intensity Interval Training</small>

Mind and Body Workouts

Chair-based Tai Chi Low impact class performed seated. Therefore suitable for people with mobility issues.

Forever Active A multi sport activity session with the aim of improving your overall wellbeing with a chance to socialise and meet new friends.

Pilates Helps improve posture and movement by strengthening and balancing all the muscles of the body.

Yoga Linked with a focus on breathing this Eastern Art incorporates strength and flexibility to help develop an inner sense of well being.

Junior Fitness Sessions

Junior Gym
Supervised Gym Session providing a safe and effective fitness and toning workout.

Water Based Exercise

Aquacise
Water based aerobics class that uses the resistance of the water to improve muscle toning and calorie burning as well as reducing the impact on the joints.

Fitness and Aerobic Workouts

Abs 30 minute class for developing and strengthening the muscles in the abdomen and lower back.

Aerobics/Hips, Bums and Tums High and low impact exercise to music led by the fitness instructor.

Boot Camp A full body workout to help build strength and fitness using a variety of exercises and equipment.

Cardio Low impact aerobic class aimed at cardio rehabilitation. Delivered in partnership with Dronfield Cardio Club.

Chairbics Chair based low impact exercise to music led by the fitness instructor.

Circuits All over body workout incorporating calorie burning, cardiovascular, strength and body toning exercises.

Studio Cycle High energy calorie burning workout on the indoor cycles which really gets the heart pumping.

High Intensity Classes Advanced high impact circuit class.

Kettle Bells An Intense full body workout using Kettle Bells to train your entire body.

Low Impact Circuits Low impact workout for the whole body.

PiYo PiYo is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!

Zumba Latin inspired dance fitness workout, incorporating steps from Salsa, Cha Cha Cha and other techniques.

Fitness on Demand (F.O.D)

F.O.D Cardio
Improve your cardiovascular system, lose weight and build muscle. No two classes are the same.

F.O.D Strength
Focus on your foundation - the core. Create stability from the middle of your body. Move like never before.

F.O.D Combat
Easy to follow fight patterns and drills create a HIIT effect. Improve cardiovascular strength and endurance.

F.O.D Power Step
Push your cardio edge into high gear and attack the legs in every plane of motion. Caters to all fitness levels.

F.O.D Cycle
Saddle up for an efficient high intensity interval training (HIIT) cycling experience that strengthens your legs, improves heart and lung function.

F.O.D 500+ Calories
Classes - 40 to 60 mins. Incorporating strength, cardio, high intensity and combat. All designed to top the 500 calorie per class.

F.O.D Mind and Body
Gives you strength, balance, peak intensity, intense and meditative stretching.

For more information contact
Dronfield Sports Centre
Tel: 01246 217217 or visit
www.ne-derbyshire.gov.uk/leisure

