



# Fitness Time-table

## FITNESS ON DEMAND

### Fitness on Demand Studio

Available for private hire on Saturdays and Sundays from 3pm onwards\* for Group Virtual Classes.

**Members:** £10 per hour,

**Non Members:** £20 per hour.

*Ask at reception for more details.*  
\*Subject to availability.

### Gym

#### Opening Times

Monday 7.00am - 9.30pm  
 Tuesday 7.00am - 9.30pm  
 Wednesday 7.00am - 9.30pm  
 Thursday 7.00am - 9.30pm  
 Friday 7.00am - 9.30pm  
 Saturday 8.00am - 7.00pm  
 Sunday 8.00am - 8.00pm

**DRONFIELD SPORTS CENTRE**  
 Civic Centre, Dronfield, S18 1PD.  
 Tel: 01246 217217  
[www.ne-derbyshire.gov.uk](http://www.ne-derbyshire.gov.uk)



### 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

<p><b>Studio Cycle</b>                  High energy calorie burning workout on the indoor cycles which really gets the heart pumping.</p> <p><b>Aerobics/Hips, Bums &amp; Tums</b>                  High and low impact exercise to music led by the fitness instructor.</p> <p><b>Zumba</b>                  Latin inspired dance fitness workout, incorporating steps from Salsa, Cha Cha Cha and other techniques.</p> <p><b>Circuits</b>                  All over body workout incorporating calorie burning, cardiovascular, strength and body toning exercises.</p>	<p><b>Boot Camp</b>                  A full body workout to help build strength and fitness using a variety of exercises and equipment.</p> <p><b>Abs</b>                  30 minute class for developing and strengthening the muscles in the abdomen and lower back.</p> <p><b>Cardio</b>                  Low impact aerobic class aimed at cardio rehabilitation. Delivered in partnership with the Dronfield Cardio Club.</p> <p><b>Low Impact Circuits</b>                  Low impact workout for the whole body.</p>	<p><b>Chairobics</b>                  Chair based low impact exercise to music led by the fitness instructor.</p> <p><b>High Intensity Workout</b>                  Advanced high impact circuit class.</p> <p><b>Kettle Bells</b>                  An intense full body workout using Kettle Bells to train your entire body.</p> <p><b>PIYO</b>                  PiYo is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!</p>
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### Fitness on Demand (F.O.D)

<p><b>F.O.D Cardio</b>                  Improve your cardiovascular system, lose weight and build muscle. No two classes are the same.</p> <p><b>F.O.D Strength</b>                  Focus on your foundation - the core. Create stability from the middle of your body. Move like never before.</p> <p><b>F.O.D Combat</b>                  Easy to follow fight patterns and drills create a HIIT effect. Improve cardiovascular strength and endurance.</p> <p><b>F.O.D Power Step</b>                  Push your cardio edge into high gear and attack the legs in every plane of motion. Caters to all fitness levels.</p> <p><b>F.O.D Cycle</b>                  Saddle up for an efficient high intensity interval training (HIIT) cycling experience that strengthens your legs, improves heart and lung function.</p> <p><b>F.O.D 500+ Calories</b>                  Classes - 40 to 60 mins. Incorporating strength, cardio, high intensity and combat. All designed to top the 500 calorie per class.</p> <p><b>F.O.D Mind and Body</b>                  Gives you strength, balance, peak intensity, intense and meditative stretching.</p>
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### Mind & Body Workouts

**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.



**We speak your language**

- Polish *Mówimy Twóim językiem*
- French *Nous parlons votre langue*
- Spanish *Hablamos su idioma*
- Slovak *Rozprávame Vašim jazykom*
- Chinese *我们会说你的语言*

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# Fitness Timetable

For more information ask at reception  
or visit [www.ne-derbyshire.gov.uk](http://www.ne-derbyshire.gov.uk)

**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 - 7.40am	F.O.D Cardio
7.45am - 8.15am	F.O.D Strength
9.30am - 10.30am	F.O.D Combat
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	Chairobics
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	<b>INSANITY</b> 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
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
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
9.45am - 10.30am	Studio Cycle

