

# 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 - 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	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	<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
2.00pm - 3.00pm	Chairbics
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
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
9.45am - 10.30am	Studio Cycle

## 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.

## Mind and 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.

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

## 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 Workout**  
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 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](http://www.ne-derbyshire.gov.uk/leisure)

