



Just do
More!

Fitness Timetable

All classes
bookable
online



ECKINGTON SWIMMING
POOL AND FITNESS CENTRE
Gosber Street, Eckington.

Tel: 01246 217481

www.ne-derbyshire.gov.uk

North East
Derbyshire
District Council



Water Based Exercise

Water based sessions are in the 25m Pool

Fitness on Demand (F.O.D)

Virtual Instructor sessions

Fitness and Aerobic

Aimed at raising the heart improving general fitness

Monday	
7.10am - 7.40am	*F.O.D G-Cycle
8.00am	*F.O.D Strength
9.15am - 10.00am	G-Cycle
11.00am - 12noon	Chairobics
1.00pm - 2.00pm	Otago (run by Eckington Health Centre)
1.30pm - 2.30pm	Aquajog
4.00pm - 5.00pm	Junior Gym
5.55pm	*F.O.D G-Cycle
6.30pm - 7.15pm	Kettlebell
7.30pm - 8.30pm	Flow Yoga
8.05pm - 9.05pm	Aquacise

Tuesday	
7.10am - 7.40am	*F.O.D G-Cycle
8.00am	*F.O.D Cardio
9.00am - 10.00am	Aquajog
9.30am - 10.15am	Kettlebells
10.15am - 11.00am	Fit Ball
11.00am - 12noon	Pilates
4.00pm - 5.00pm	Junior Gym
6.00pm - 6.45pm	G-Cycle
7.00pm - 7.45pm	Zumba
8.00pm	*F.O.D Cardio

Wednesday	
7.10am - 7.40am	*F.O.D G-Cycle
8.00am	*F.O.D Mind & Body
9.30am - 10.15am	G-Cycle
9.30am - 10.30am	Aquacise
10.30am - 11.15am	Box-fit
11.45am - 12.45pm	Low Impact Circuits
4.00pm - 5.00pm	Junior Gym
6.00pm - 6.45pm	G-Cycle
7.00pm - 7.45pm	Legs, Bums & Tums (LBT)
8.15pm - 8.45pm	Abs



Fitness Timetable

Book classes online at: <http://leisure.ne-derbyshire.gov.uk/bookings>

- Note 'The Virtual Instructor' is available to all members to use whenever the studio is not in use, there is information within the studio on members use.
- *Virtual class times may vary slightly to advertised due to each programme varying slightly on length

Workouts

Rate and
ness

Healthy Lifestyle Workouts

Classes suitable for all ages and abilities
to improve fitness

Mind and Body Workout

Improve muscle strength, core stability and
posture as well as an inner sense of well being

Thursday

7.10am - 7.40am *F.O.D G-Cycle

8.00am *F.O.D Strength

9.30am - 10.15am G-Cycle

10.30am - 11.15am Zumba

4.00pm - 5.00pm Junior Gym

6.00pm - 6.45pm Box-fit

7.00pm - 7.45pm G-Cycle

8.00pm *F.O.D Mind & Body

Friday

7.10am - 7.40am *F.O.D G-Cycle

8.00am *F.O.D Cardio

9.30am - 10.15am Legs, Bums & Tums (LBT)

10.15pm - 11.15am Pilates

11.30am - 12.30pm Low Impact Circuits

1.30pm - 2.30pm Rest & Restore Yoga

4.00pm - 5.00pm Junior Gym

Saturday

9.00am - 10.00am Yoga

10.00am - 10.45am Body Burn

11.00am - 11.45am G-Cycle

Sunday

9.30am - 10.15am Kettlebells

10.15am - 11.00am Pilates



Fitness suite opening times

Monday to Friday 7am - 9pm

Saturday 8am - 4pm

Sunday 8am - 6pm

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 G-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 Mind and Body

Gives you strength, balance, peak intensity, intense and meditative stretching.

Fitness & Aerobic Workouts

G-Cycle

High energy calorie burning workout on the indoor cycles, gets the heart pumping.

Zumba

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

Kettlebells

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

Box-fit

A low impact, high-energy workout that incorporates solid pad work, weight training and

conditioning, functional and circuit training with an emphasis placed on boxing.

Legs, Bums & Tums (LBT)

High and low impact exercise to music led by the fitness instructor.

Abs

A packed 30 minute class designed to tone, build and strengthen the abdominal muscles. Abs uses various skills and techniques to target the core muscles; including floor routines, full body stretches.

Fit Ball

A firm, large, inflatable ball used in various exercises, chiefly to strengthen the back, pelvis, and abdominal muscles.

Water Based Exercise

Aqua Jog

Just like jogging - but in the water! A great resistance and fitness work-out.

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 & Body Workout

Rest and Restore Yoga

Increase flexibility and range of motion.

Pilates

Improves flexibility, coordination and balance. It puts emphasis on alignment, breathing and developing a strong core.

Strong Flow Yoga

So called because of the smooth way the poses move together.

Otago

Improve strength, balance and confidence. Consists of a set of leg muscle, strengthening and balance retaining exercises.

Healthy Lifestyle Workouts

Low Impact Circuits

Low impact/intensity workout incorporating calorie burning, cardiovascular, strength and body toning exercises.

Chairobics

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

Junior Gym

Supervised gym session providing a safe and effective fitness and toning workout.

We speak your language

Polish

Mówimy Twoim językiem

French

Nous parlons votre langue

Spanish

Hablamos su idioma

Slovak

Rozprávame Vaším jazykom

Chinese

我们会说你的语言

North East Derbyshire District Council



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