



Just do
More!

Fitness Timetable

All classes
bookable
online



Dronfield
Sports Centre
Civic Centre,
Dronfield, S18 1PD.
Tel: 01246 217217
www.ne-derbyshire.gov.uk

Updated June 2019



North East
Derbyshire
District Council



Water Based Exercise
Offering great resistance and fitness work outs.

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

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

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.

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 Tums
8.00pm - 9.00pm	Yoga

Thursday	
7.00am - 7.45am	Kettle Bells
9.25am - 10.25am	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	Pilates
7.45pm - 8.45pm	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 High Intensity Interval Training

Gym Opening Times

Monday 7am - 9.30pm
 Tuesday 7am - 9.30pm
 Wednesday 7am - 9.30pm
 Thursday 7am - 9.30pm
 Friday 7am - 9.30pm
 Saturday 8am - 7pm
 Sunday 8am - 8pm



Fitness Timetable

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

- Note 'The Virtual Instructor (F.O.D)' 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.

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 and 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 calories per class.

F.O.D Mind and Body

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

Fitness and Aerobic Workouts

Studio Cycle

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

Aerobics/Hips, Bums & Tums

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

Zumba

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

Circuits

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

Boot Camp

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

Abs

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

Cardio Club

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

Low Impact Circuits

Low impact workout for the whole body.

Chairobics

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

High Intensity Classes

Advanced high impact circuit class.

Kettle Bells

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

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 & 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.

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

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.

*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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