



Just do
More!

Fitness Timetable

All classes
bookable
online



January 2019



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

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.

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.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
7.10am - 7.40am	*F.O.D G-Cycle	7.10am - 7.40am	*F.O.D G-Cycle	7.10am - 7.40am	*F.O.D G-Cycle	7.10am - 7.40am	*F.O.D G-Cycle	7.10am - 7.40am	*F.O.D G-Cycle	9.00am - 10.00am	Yoga
8.00am	*F.O.D Strength	8.00am	*F.O.D Cardio	8.00am	*F.O.D Mind & Body	8.00am	*F.O.D Strength	8.00am	*F.O.D Cardio	10.00am - 10.45am	Body Burn
9.15am - 10.00am	Studio Cycle	9.00am - 10.00am	Aquajog	9.30am - 10.15am	Studio Cycle	9.30am - 10.15am	Studio Cycle	9.30am - 10.15am	Legs, Bums & Tums (LBT)	11.00am - 11.45am	Studio Cycle
11.00am - 12noon	Chairobics	9.30am - 10.15am	Kettlebells	9.30am - 10.30am	Aquacise	10.30am - 11.15am	Zumba	10.15am - 11.15am	Pilates	<h3>Sunday</h3>	
1.00pm - 2.00pm	Otago (run by Eckington Health Centre)	10.15am - 11.00am	Strike	10.30am - 11.15am	Barbell Body Pump	1.00pm - 2.15pm	Chair based Yoga	11.30am - 12.30pm	Low Impact Circuits		
1.30pm - 2.30pm	Aquajog	11.00am - 12noon	Pilates	11.45am - 12.45pm	Low Impact Circuits	4.00pm - 5.00pm	Junior Gym	1.30pm - 2.30pm	Rest & Restore Yoga	10.15am - 11.00am	Pilates
4.00pm - 5.00pm	Junior Gym	4.00pm - 5.00pm	Junior Gym	4.00pm - 5.00pm	Junior Gym	6.00pm - 6.45pm	Box-fit	4.00pm - 5.00pm	Junior Gym		
5.55pm	*F.O.D G-Cycle	6.00pm - 6.45pm	Studio Cycle	6.00pm - 6.45pm	Studio Cycle	7.00pm - 7.45pm	Studio Cycle	7.00pm - 7.45pm	Studio Cycle		
6.30pm - 7.15pm	Kettlebell	7.00pm - 7.45pm	Zumba	7.00pm - 7.45pm	Legs, Bums & Tums (LBT)	7.45pm - 8.15pm	*F.O.D Mind & Body	7.00pm - 7.45pm	*F.O.D Mind & Body		
7.30pm - 8.30pm	Flow Yoga	8.00pm	*F.O.D Cardio								
8.05pm - 9.05pm	Aquacise										

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.

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

Studio 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.

Barbell Body Pump

Barbell Body Pump is a strength/cardio workout using barbells & weights.

Strike

Strike is a cardio workout based on 'martial arts' style moves.

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

Build and strengthen the abdominal muscles. Abs uses various skills and techniques to target the core muscles; including floor routines, full body stretches.

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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