



# Fitness Essentials

## Gym Opening Times

Monday 7.00am - 10.00pm  
 Tuesday 7.00am - 10.00pm  
 Wednesday 7.00am - 10.00pm  
 Thursday 7.00am - 10.00pm  
 Friday 7.00am - 10.00pm  
 Saturday 8.45am - 4.00pm  
 Sunday 8.00am - 4.00pm

## Pool Opening Times

Monday 7.00am - 8.00pm  
 Tuesday 10.30am - 8.00pm  
 Wednesday 7.00am - 6.30pm  
 Thursday 7.00am - 9.45pm  
 Friday 7.00am - 6.30pm  
 Saturday 9.00am - 4.00pm  
 Sunday 8.00am - 4.00pm

For more details on our pool opening times please pick up a Swimming Pool Timetable.

## Fitness and Aerobic Workouts

### Studio Cycling

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.

### Functional Fitness Training

An exercise workout that blasts body fat and tones and builds functional strength and balance.

### Kettlebells

Great for burning fat and toning muscle.

### Legs, Bums & Tums

Designed to tone those legs, bums and tums. Working through circuits, partner workouts, floor exercises and much much more!!

### INSANITY Workout

The world's most insanely tough workout where you use YOUR body to create the best body you can get.

### Pre & Postnatal Exercise Class

Low impact exercise class to strengthen core and pelvic floor muscles as well as providing a full body workout.

### Boxfit

A high intensity workout based around boxing training. Includes skipping, pad work, boxing drills, footwork and abdominal conditioning. Focusing on speed, fitness and toning.

### BoxHIT

BoxHIT is a class made up of boxing drills to improve fitness, speed and power alongside high intensity circuits.

### High Intensity Interval Training HIIT

A cardio workout aimed to get your heart rate high whilst using your body weight and equipment to sculpt your whole body.

## Mind & Body Workouts

### Hatha Yoga

A Hatha Yoga class typically involves a set of physical postures and breathing techniques to help calm the mind, release tension and make the body stronger and more flexible.



www.ne.gov.uk

Tel: 01246 217277

Market Street, Clay Cross

SHARLEY PARK LEISURE CENTRE,

## Water Based Exercise

### Lane Swimming

Sections of the pool are laned off to allow customers to swim lengths.

### Early Risers

Swimming sessions start from 8.15am for all you early birds.

### Women Only

Session for women 16+ years of age.

### Adults Only

Session for 16+ years of age.

### Family Swimming

Family orientated swimming, open to everyone.

### 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.

### Aqua Jog

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

## Healthy Lifestyle Workouts

These specific sessions are run by Healthy Lifestyle Instructors - concentrating on weight loss, general flexibility and cardio vascular improvement.

### Low Impact Circuits

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

### Chair Based Aerobics

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

### Gym Drop-in Session

An open session where you can ask an instructor for general advice and support to achieve your fitness targets.

### Walking Football

A fun, non-contact sport for all ages and abilities. The normal rules of indoor football apply - but no running is allowed (more difficult than it sounds!).

### Cardio Club

Available for the benefit of its members to overcome the problems following cardiac complaints and cardiac surgery. The class is open to any person with a cardiac related problem and their carers.

### Autumn Days Fitness

A low-impact aerobic class designed for the over 60s.



North East Derbyshire District Council

We speak

your language

Polish

Mówimy Twoim

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)

## Water Based Exercise

Water based sessions are in the 25m Pool

## 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            |                     |
|-------------------|---------------------|
| 7.00am - 8.00am   | Lane Swimming       |
| 8.00am - 9.00am   | Early Risers Swim   |
| 9.30am - 10.15am  | Studio Cycling      |
| 9.30am - 10.30am  | Zumba               |
| 10.30am - 11.30am | Gym Drop-in Session |
| 11.30am - 12.30am | Walking for Health  |
| 11.30am - 1.30pm  | Lane Swimming       |
| 1.00pm - 2.00pm   | Gym Drop-in session |
| 6.00pm - 6.45pm   | Kettlebells         |
| 6.00pm - 7.00pm   | Cardio Club         |
| 7.00pm - 8.00pm   | INSANITY Workout*   |
| 7.15pm - 8.00pm   | Studio Cycling      |

| Tuesday           |                                       |
|-------------------|---------------------------------------|
| 9.00am - 10.00am  | Walking Football                      |
| 9.30am - 10.15am  | Kettlebells                           |
| 10.30am - 11.30am | Young at Heart Aerobics               |
| 11.45am - 12.45pm | Low Impact Circuit Class              |
| 1.30pm - 2.00pm   | Chair based Aerobics                  |
| 2.00pm - 3.00pm   | Gym Drop-in Session                   |
| 6.15pm - 7.00pm   | Studio Cycling                        |
| 6.15pm - 7.00pm   | High Intensity Interval Training HIIT |
| 7.00pm - 8.00pm   | Legs, Bums and Tums                   |
| 7.00pm - 8.00pm   | Lane Swimming                         |
| 7.15pm - 8.00pm   | Studio Cycling                        |
| 7.30pm - 8.15pm   | Aquajog*                              |

| Wednesday          |                     |
|--------------------|---------------------|
| 7.00am - 8.00am    | Lane Swimming       |
| 8.00am - 9.00am    | Early Risers Swim   |
| 9.30am - 10.30am   | Aquacise            |
| 9.30am - 10.15am   | Studio Cycling      |
| 10.30am - 11.30am  | Walking for Health  |
| 11.15am - 12.45am  | Cardio Club         |
| 12.00noon - 1.00pm | Lane Swimming       |
| 3.00pm - 4.00pm    | Gym Drop-in Session |
| 5.45pm - 6.30pm    | Studio Cycling      |
| 6.45pm - 7.30pm    | Boxfit              |

| Thursday         |                             |
|------------------|-----------------------------|
| 7.00am - 8.00am  | Lane Swimming               |
| 9.45am - 10.45am | Low Impact Circuit Class    |
| 11.00am - 12noon | Chair based Aerobics        |
| 12noon - 1.00pm  | Ladies Only Swimming        |
| 2.30pm - 3.30pm  | Gym Drop-in Session         |
| 5.30pm - 6.15pm  | Kettlebells                 |
| 5.30pm - 6.15pm  | Studio Cycling              |
| 6.00pm - 7.00pm  | Zumba                       |
| 6.30pm - 7.15pm  | Kettlebells                 |
| 7.00pm - 8.00pm  | Aquacise                    |
| 7.15pm - 8.15pm  | Hatha Yoga                  |
| 7.30pm - 8.30pm  | Functional Fitness Training |
| 8.00pm - 9.45pm  | Adults Only Swimming        |

| Friday            |                     |
|-------------------|---------------------|
| 7.00am - 8.00am   | Lane Swimming       |
| 8.00am - 9.00am   | Early Risers Swim   |
| 8.30pm - 9.30pm   | Walking Football    |
| 9.30am - 10.30am  | Zumba Toning        |
| 10.00am - 11.00am | Gym Drop-in Session |
| 11.30am - 12.30pm | Deep Water Aquacise |
| 11.30am - 12.30pm | Autumn Days Fitness |
| 12.30pm - 1.30pm  | Lane Swimming       |
| 2.00pm - 3.00pm   | Cardio Club         |
| 5.30pm - 6.15pm   | Kettlebells         |

| Saturday          |                 |
|-------------------|-----------------|
| 9.00am - 2.45pm   | Family Swimming |
| 9.30am - 10.15am  | Studio Cycling  |
| 10.30am - 11.15am | BoxHIIT         |
| 11.30am - 12.30pm | Hatha Yoga      |

| Sunday          |                 |
|-----------------|-----------------|
| 8.00am - 3.00pm | Family Swimming |
| 3.00pm - 4.00pm | Lane Swimming   |



Please note: Times/dates may be subject to change.  
Check with individual centres prior to attending.

\*Suitable for those aged 14 years and above