



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](http://www.ne-derbyshire.gov.uk)

North East  
Derbyshire  
District Council



**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	
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
5.45pm - 6.30pm	Bootcamp
6.30pm - 7.15pm	Kettlebell
7.30pm - 8.30pm	Flow Yoga
8.05pm - 9.05pm	Aquacise

Tuesday	
9.00am - 10.00am	Aquajog
9.30am - 10.15am	Kettlebells
10.15am - 11.00am	Fit Ball
11.00am - 12noon	Circuit Fit
4.00pm - 5.00pm	Junior Gym
6.00pm - 6.45pm	G-Cycle
7.00pm - 7.45pm	Zumba

Wednesday	
9.30am - 10.30am	Aquacise
9.30am - 10.15am	G-Cycle
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)

Thursday	
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

Friday	
9.30am - 10.15am	Legs, Bums & Tums (LBT)
10.15pm - 11.15am	Pilates
11.15am - 12.15pm	Low Impact Circuits
1.30pm - 2.30pm	Rest & Restore Yoga
4.00pm - 5.00pm	Junior Gym

Saturday	
9.00am - 10.00am	Strong Flow Yoga
10.00am - 10.45am	Body Burn
11.00am - 11.45am	G-Cycle

Sunday	
9.30am - 10.15am	Kettlebells
10.15am - 11.00am	Pilates
11.15am - 12noon	Legs, Bums & Tums (LBT)



# Fitness Timetable

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



## Fitness suite opening times

Monday to Friday 7am - 9pm  
Saturday 8am - 4pm  
Sunday 8am - 6pm

## 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.

## Mind & Body Workout

### Rest and Restore Yoga

Increase flexibility and range of motion.

### 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.

### Pilates

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

## 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.

### Aqua Jog

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

## 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.

### Fit Ball

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

### Body Burn

Short bursts of high intensity work aimed to shed the pounds.

### Legs, Bums & Tums (LBT)

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

### Circuit Fit

A mix of cardio and strength and toning exercises broke up into small individual stations.

### Bootcamp

Built to push your cardio and and physical abilities under the watchful eye of our instructor.

*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



If you require  
this publication in  
**large print**  
or another format  
please call us on  
**01246 231111**

