



Fitness Timetable



www.ne.gov.uk

Tel: 01246 217277

Market Street, Clay Cross

SHARLEY PARK LEISURE CENTRE,



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.

Young at Heart

A great class specifically aimed at the Over 50's so there's no excuse to not keep fit and healthy. Low impact class.

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.

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.

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.



North East
Derbyshire
District Council

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your language

Polish

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językiem

French

Nous parlons

votre langue

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Hablamos su

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Rozprávame

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Chinese

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Fitness Timetable

For more information ask at reception
or visit 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

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
10.30am - 11.30am	Pre & Postnatal Exercise Class
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
6.30pm - 7.00pm	Abs conditioning
7.00pm - 8.00pm	Aerobics
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
7.00pm - 7.30pm	Abs conditioning
7.45pm - 8.30pm	Studio Cycling

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
6.00pm - 7.00pm	Zumba
6.30pm - 7.15pm	Kettlebells
7.00pm - 8.00pm	Aquacise
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

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