



Just do
More!

Fitness Timetable

All classes
bookable
online



Sharley Park
Leisure Centre,
Market Street,
Clay Cross
Tel: 01246 217277
www.ne-derbyshire.gov.uk

Updated August 2019



North East
Derbyshire
District Council



Water Based Exercise

Offering great resistance and fitness work outs.

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 - 12.30pm	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	Pre & Postnatal Exercise Class
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 - 12.45pm	Cardio Club
12noon - 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 Riser Swim
8.30am - 9.30am	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 Cycle
10.30am - 11.15am	BoxHIIT
11.30am - 12.30pm	Hatha Yoga

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

Gym Opening Times

Monday	7am - 10pm
Tuesday	7am - 10pm
Wednesday	7am - 10pm
Thursday	7am - 10pm
Friday	7am - 10pm
Saturday	8.45am - 4pm
Sunday	8am - 4pm

Pool Opening Times

Monday	7am - 8pm
Tuesday	10.30am - 8pm
Wednesday	7am - 6.30pm
Thursday	7am - 9.45pm
Friday	7am - 6.30pm
Saturday	9am - 4pm
Sunday	8am - 4pm

Fitness Timetable

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

*Suitable for those aged 14 years and above.

Please note: Times/dates may be subject to change.

Check with centre prior to attending.



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.

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.

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 Vaším jazykom

Chinese

我们会说你的语言

If you require
this publication in
large print

or another
format
please call
us on

01246

231111

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.