

Everybody Active Timetable



KEY –

1: Class where you can sign up to the Everyone Active Membership

2: Booking required where stated

3: Session is for annual paying members only

Monday

TIME	LEVEL	CLASS	INSTRUCTOR	VENUE	1	2	3
07:00-07:30	ALL	Early Bird	Hannah	Springwood Leisure Centre	SIGN UP		
09:30-10:30	BEG/INT	Dance Fit	Heather	Derby Arena			
10:00-11:00	BEG/INT	Walking Football (60+)	Jack	Powerleague	SIGN UP		
11.30-12.30	BEG	Low Impact Circuits	Joe W	St Mary's Community Hall		BOOK	M.Only
18:00-19:00	ALL	Kettlebell Fitness	Joe W	Mackworth Y&C Centre		BOOK	M.Only
18:00-18:30	ALL	StadFit	Jon	Pride Park Stadium	SIGN UP		
19:00-20:00	ALL	Boxwell	Antony	Lees Brooke Community School		BOOK	M.Only
19:00-20:00	ALL	Football	Chris	Springwood Leisure Centre	SIGN UP	BOOK	

Tuesday

09:30-10:30	ALL	Legs, Bums and Tums	Hannah	St Philips Church Hall	SIGN UP		
11:30-12:30	ALL	Over 60's Fitness	Wilko	Derby Arena	SIGN UP		
12:15-12:45	ALL	Circuits	Chris	Pride Park Concourse	SIGN UP		
18:00-18:30	ALL	StadFit	Jon	Pride Park Stadium	SIGN UP		
18:00-19:00	ALL	Badminton	Rich T	Derby Arena	SIGN UP		
19:00-19:45	BEG/INT	Aerobics	Aimee	Lees Brook Community School		BOOK	M.Only
19:45-20:30	BEG/INT	Stretch and Relax	Aimee	Lees Brook Community School		BOOK	M.Only

Wednesday

09:30-10:30	BEG/INT	Waistline Circuit (<5's)	Hannah/Sara	St Philips Church Hall, Chaddesden	SIGN UP	BOOK	
10:00-11:00	ALL	Stretch and Relax	Rania	Peartree Library		BOOK	M.Only
12:00-13:00	ALL	BoxFit	Lee	OzBox ABA Gym			
12:30-13:30	ALL	Over 60's Fitness	Jon	Pride Park Stadium	SIGN UP		
18:00-18:30	ALL	StadFit	Jon	Pride Park Stadium	SIGN UP		
18:00-19:00	BEG	Low Impact Circuits	Joe W	St Mary's Community Hall		BOOK	M.Only
18:30-19:30	ALL	Boxfit	Lee	Pride Park Stadium	SIGN UP		
19:10-20:10	ALL	Female Fitness (12+)		Littleover Community School			M. Only

Thursday

10:00-11:00	ALL	Football	Lee	Willows	SIGN UP		
12:15-13:00	ALL	Pedal and Pump	Chris	Queens	SIGN UP		
13:30-14:30	BEG/INT	Women's Football	Stuart	Powerleague	SIGN UP		
18:00-18:30	ALL	StadFit	Jon	Pride Park Stadium	SIGN UP		

Friday

10:00-11:00	ALL	Walking Football (60+)	Jack	Powerleague	SIGN UP		
10:00-11:00	ALL	Walking Football (50+)	Lee	Powerleague	SIGN UP		
16:00-17:00	ALL	Badminton	Chris	Springwood Leisure Centre	SIGN UP		

Saturday

09:00-10:00	ALL	Saturday Energiser	Various	Mackworth Y&C Centre		BOOK	M. Only
-------------	-----	--------------------	---------	----------------------	--	------	---------

Booking process:

Call 01332 416140 and give full name

- bookings can be made one week in advance

- Bookings can be made for one person only

- PAYG customers must pay on arrival

- Anyone who does not attend sessions on three booked occasions will be restricted from class or removed from membership

Health Walks – Please check www.walkingforhealth.org.uk before attending to check for latest walk updates



Beginners walks (up to 45 mins) MEMBERS ONLY		
Walks have flat routes & even ground. Shorter walks (10-30 mins) are also available as part of each walk		
Thursday 10am	Normanton Park - at main entrance (Warwick Ave)	Sufyann
Thursday 12noon	Alvaston Park - outside the café	Aimee and Andy

Intermediate walks (45-90 mins) MEMBERS ONLY		
Walks may have some inclines and uneven ground		
Monday 10.15am	Mickleover Community Centre – in the café	Sandra, Andy W, Bharti & Garry
Tuesday 10am	Springwood Leisure Centre - reception area	Pete & Rania
Tuesday 12.45pm	Derby City Council House - outside the main entrance	Andy G
Wednesday 10am	Mackworth Library	Joe W, Bharti & Garry
Wednesday 1.30pm	Sinfin Library	Stephen
Thursday 12noon	Alvaston Park - outside the café	Aimee & Andy G
Friday 10am	Osmaston Park Community Centre Walk not suitable for pushchairs/wheelchairs	Phil & Carole
Saturday (monthly) 2pm	King George V Playing Fields car park No public toilets at meeting place 2nd Saturday of every month.	Gill

Advanced/progression walks (90-120 mins) MEMBERS ONLY		
Walks are more challenging and more likely to have a faster pace, inclines, uneven ground and stiles		
Wednesday 10am	Mackworth Library	Joe W, Bharti & Garry
Thursday 6.45pm	Mickleover Library Not suitable for pushchairs / wheelchairs	Sandra & Andy W