

# 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      |
|-------------|---------|------------------------|------------|------------------------------|---------|------|--------|
| 09:30-10:30 | BEG/INT | Dance Fit              | Alannah    | 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 |
| 13:30-14:30 | ALL     | Badminton              | Chris      | Derby Arena                  | SIGN UP |      |        |
| 18:00-19:00 | ALL     | Kettlebell Fitness     | Joe W      | Mackworth Y&C Centre         |         | BOOK | M.Only |
| 18:00-18:30 | ALL     | StadFit                | Hannah     | 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 |      |        |
| 12:00-13:00 | ALL     | Over 60's Fitness   | Wilko  | Derby Arena                 | SIGN UP |      |        |
| 14.00-15.00 | ALL     | Stretch and Tone    | Jack   | Derby Arena                 | SIGN UP |      |        |
| 15.00-16.00 | ALL     | Walk                | Chris  | Derby Arena                 | 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**

|             |     |                     |       |                             |  |         |         |
|-------------|-----|---------------------|-------|-----------------------------|--|---------|---------|
| 10:00-11:00 | ALL | Stretch and Relax   | Rania | Peartree Library            |  | BOOK    | M.Only  |
| 12:00-13:00 | ALL | BoxFit              | Lee   | OzBox ABA Gym               |  |         |         |
| 12:15-12:45 | ALL | Circuits            | Chris | Pride Park Concourse        |  | SIGN UP |         |
| 12:30-13:30 | ALL | Over 60's Fitness   | Jon   | Pride Park Stadium          |  | SIGN UP |         |
| 18:00-18:30 | ALL | StadFit             | Jack  | Pride Park Stadium          |  | SIGN UP |         |
| 18:00-19:00 | BEG | Low Impact Circuits | Joe W | St Mary's Community Hall    |  | BOOK    | M.Only  |
| 19:10-20:10 | ALL | Female Fitness (9+) | Jules | Littleover Community School |  |         | M. Only |

### **Thursday**

|             |     |                |       |                    |  |         |      |
|-------------|-----|----------------|-------|--------------------|--|---------|------|
| 10:00-11:00 | ALL | Football       | Lee   | Willows            |  | SIGN UP | BOOK |
| 12:15-13:00 | ALL | Pedal and Pump | Chris | Queens             |  | SIGN UP |      |
| 18:00-18:30 | ALL | StadFit        | Jess  | 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](http://www.walkingforhealth.org.uk) before attending to check for latest walk updates

# best foot forward



**Enjoy walking?**  
Join one of our *free* and friendly short walks today

|                           |                                |                      |
|---------------------------|--------------------------------|----------------------|
| Mickleover Community walk | Mickleover Community Centre    | Mon 10.15am          |
| Oakwood Woodland walk     | Springwood Leisure Centre      | Tues 10am            |
| Chaddesden Park walk      | Age UK Chaddesden Centre       | Tues 11am            |
| Darley Park walk          | Council House                  | Tues 12.45pm         |
| Normanton Park walk       | Warwick Avenue entrance        | Thurs 10am           |
| Markeaton Park walk       | Mackworth Library              | Wed 10am             |
| Alvaston Riverside walk   | Alvaston Park café             | Thurs 12noon         |
| Mickleover Perimeter walk | Mickleover Library             | Thurs 6.45pm         |
| Old Canal Path walk       | Osmaston Park Community Centre | Fri 10am             |
| Littleover Parks walk     | King George V Playing Fields   | 2nd Sat of month 2pm |

Programme subject to change

**Need more info? See [walkingforhealth.org.uk](http://walkingforhealth.org.uk) or call 07812 302022**

## Useful Info:

Pride Park Stadium – Pride Park Derby, DE24 8XL

Derby Arena – 1 Royal Way, Derby DE24 8JB

St Philips Church Hall – Taddington Road, Chaddesden Derby DE21 4JU

Springwood Leisure Centre – Springwood Drive, Oakwood, Derby DE21 2RQ

Powerleague – Pride Park Derby, DE24 8BW

Queens Leisure Centre – Cathedral Road, Derby DE1 3PA

Littleover Community School - Pastures Hill, Littleover, Derby DE23 4BZ

St Mary's Community Hall - Barrett St, Derby DE24 0EN

Mackworth Youth and Community Centre – Prince Charles Avenue, Mackworth DE22 4BG

Peartree Library - Peartree Road, Derby, DE23 8NQ

Lees Brook Community School, Morley Rd, Chaddesden, Derby DE21 4QX

**Derby County Community Trust**

**01332416140**