

# 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		
12:00-13:00	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
19:10-20:10	ALL	Female Fitness (12+)		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	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
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#### 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