

Everybody Active

Timetable



DERBY COUNTY
Community Trust

Monday:

Time	Class	Venue
18:00 - 18:30	StadFit	Pride Park Stadium (South East Corner) (DE24 8BX)
18:00 - 19:00	Fitness Yoga	Derby Arena (DE24 8JB) Starts 13th May

Tuesday:

Time	Class	Venue
12:00 - 13:00	Over 60s Fitness	Derby Arena (DE24 8JB)
18:00 - 18:45	Legs, Bums and Tums	Pride Park Stadium (South East Corner) (DE24 8BX)
18:00 - 19:00	Badminton	Derby Arena (DE24 8JB)

Wednesday:

Time	Class	Venue
12:00 - 13:00	BoxFit	OzBox ABA Gym (DE24 9QB)
12:30 - 13:30	Over 60s Fitness	Pride Park Stadium (DE24 8BX)
18:00 - 18:45	Physique	Pride Park Stadium (South East Corner) (DE24 8BX)
19:10 - 20:10	Zumba (11yrs +)	Littleover Community School (DE23 4BZ)

Thursday:

Time	Class	Venue
12:15 - 13:00	Pedal and Pump	Queen's Leisure Centre (DE1 3PA)
18:00 - 18:30	Hiit it Hard	Pride Park Stadium (South East Corner) (DE24 8BX)

Friday:

Time	Class	Venue
16:00 - 17:00	Badminton	Springwood Leisure Centre (DE21 2RQ)

Class Descriptions:

Badminton – No need to bring your racquet or even a partner, just turn up and play.

- **StadFit** – Based on principles of HiiT, you will boost your fitness and shed fat in no time. Please note this class is held at Pride Park stadium concourse – please park outside The Yard restaurant and walk to the back right hand corner.
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Over 60s Fitness – Improve stability and strength and this low impact class, chair options available.

- **Legs, Bums and Tums** – If you've ever complained about your legs, try this class! Watch your clothes fit better!
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- **Physique** – Using functional equipment and weights to shred fat and tone your body!
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Zumba – We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Pedal and Pump – Mix it up with cycling and conditioning with this class! Spin bikes and weights, your body will have no choice but to see results.

- **HiiT it Hard** – A short high intensity paced class made to work to your max and see results faster.
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Fitness Yoga - Links together a flowing series of poses that create strength, flexibility, endurance and balance. Fitness Yoga is about exploring your limits by working all parts of your body. The class is offered in a peaceful, relaxed atmosphere to release stress and tension. This class helps to tone the whole body, improve your agility and de-stress. **(Pay as you go ONLY)**

Please note, sessions highlighted ■ do not run on match days.

Sessions also do **NOT** run on bank holidays.

Prices:

£50

Per year for unlimited access

£25

Per year if claiming JSA, DLA, ELA or Pension

£3

Pay as you go