

timetable

Monday

Time	Level	Class	Instructor	Venue
10:00 - 11:00	3	Walking Football	Jack	Powerleague (DE24 8BW)
14:00 - 15:00	1 / 2	FIT Therapy	Hannah	Derby Arena (DE24 8JB)

Tuesday

Time	Level	Class	Instructor	Venue
10:00 - 10:45	1	Chair Based Exercise	Steph	Pride Park Stadium (DE24 8XL)
11:00 - 12:00	2	Fitness/Stability	Jack	Pride Park Stadium (DE24 8XL)
12:00 - 13:00	3	Fitness/Stability	Luke	Derby Arena (DE24 8JB)
12:00 - 14:00	1 / 2 / 3	Gym (Booking Only)	Hannah/Jess/Steph	Derby Arena (DE24 8JB)
18:00 - 18:30	2 / 3	Legs, Bums and Tums	Hannah	Pride Park Stadium (DE24 8XL)

Wednesday

Time	Level	Class	Instructor	Venue
10:00 - 10:40	1	Stretch and Relax	Hannah	Pride Park Stadium (DE24 8XL)
11:00 - 12:00		Fuel Your Recovery	Hannah/Jess/Steph	Pride Park Stadium (DE24 8XL)
12:30 - 13:30	1 / 2	Fitness/Stability	Jon	Pride Park Stadium (DE24 8XL)
14:00 - 15:00	1 / 2	Box and Bar	Jess	Derby Arena (DE24 8JB)

Thursday

Time	Level	Class	Instructor	Venue
12:00 - 12:45	1 / 2 / 3	Walk Well	Andy/Aimee	Alvaston Park Cafe (DE24 8QQ)
10:00 - 12:00	1 / 2 / 3	Gym (Booking Only)	Hannah/Jess/Steph	Derby Arena (DE24 8JB)

Friday

Time	Level	Class	Instructor	Venue
10:00 - 11:00	1	Walking Football	Jack	Powerleague (DE24 8BW)

sessions

FIT Therapy – A specific class designed by our rehabilitation specialist to compliment your treatment. FIT therapy aims to reduce symptoms of fatigue and nausea and improve fitness, circulation and muscular strength.

Box & Bar – This class sounds intense but we can assure you, you can work at your own level! Designed by our rehabilitation specialists, boxing moves are used to mobilise your shoulders and chest so ideal for anyone experiencing tightness in this area. It is also an effective way to tone and strengthen the arms and tummy area. The Bar element is where you will increase strength throughout your whole body, this will help greatly at reducing fatigue and boosting your energy levels.

Gym – An opportunity to use the gym to work on your personal goals. A programme will be specifically designed by our rehabilitation specialists who will show you what to do safely. Please call your advisor to book to attend this session and to have an initial induction.

Fuel Your Recovery – Get some helpful hints and tips on nutrition that will help your recovery whilst enjoying some light refreshments.

Walking Football – A slow version of the game itself! Suitable for beginners that wish to get back into the game.
£3.50 per session or unlimited access for £20 per month Direct Debit.

Fitness / Stability – A slow paced, low impact class with an option to use a chair for support. A great way to work on your balance and reduce your risk of falls as well as improve your overall strength.


Walkwell – A guided walk outdoors lead by our friends at Livewell. You can take this at your own pace and choose the distance you walk.

Stretch and Relax – Help loosen up any tight areas with our relaxed stretches and soothing movements to unwind your body and mind.


- Please note, all classes are taught by qualified instructors that can adapt exercises to ensure you feel comfortable throughout the session.
- Please make your instructor aware if you are new to the class and highlight any issues you have been experiencing that may effect your workout.
- Always bring a towel and water bottle to your session so you can keep hydrated, please speak to the instructor if you forget your drink so we can advise you where the nearest water fountain is.

Level 1 = Low | Level 2 = Intermediate | Level 3 = Advanced

For more information on any of the sessions please call **01332 416140** or call:

 Steph: **07812 302004**

 Hannah: **07376 756041**

 Jess: **07534 404175**