

# Forever Active Timetable



## Monday:

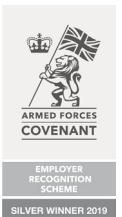
Time	Level	Class	Instructor	Venue
10:00 - 11:00	1	Sporting Memories <b>(First Monday of each month)</b>		Pride Park Stadium – Press Lounge (DE24 8XL)
10:00 - 11:00	1	Walking Football	Jack	Powerleague (DE24 8BW)   £3.50 Charge
18:00 - 18:30	1	StadFit	Jon	Pride Park Stadium – South East Corner (DE24 8XL)

## Tuesday:

Time	Level	Class	Instructor	Venue
11:00 - 12:00	3	Balance/Fitness	Jack	Pride Park Stadium (DE24 8XL)
12:15 - 13:15	2	Fitness/Stability	Luke	Derby Arena (DE24 8JB)
18:00 - 18:45	1	10K Tone Up	Hannah	Pride Park Stadium – A Board (DE24 8XL)

### Level/Intensity Key:

**1** High   **2** Medium   **3** Low



## Wednesday:

Time	Level	Class	Instructor	Venue
10:00 - 12:00		EFL Extra Time Hub (Starts 8 <sup>th</sup> January)		Pride Park Stadium – The Yard (DE24 8XL)   £3 Charge
12:30 - 13:30	2	Fitness/Stability	Jon	Pride Park Stadium (DE24 8XL)
18:00 - 18:45	1	Kettlebells	Jack	Pride Park Stadium – A Board (DE24 8XL)

## Thursday:

Time	Level	Class	Instructor	Venue
12:00 - 12:45	1/2/3	Walkwell	Andy/Aimee	Alvaston Park - Cafe (DE24 8FD)
18:00 - 18:30	1	Hiit it Hard	Lee	Pride Park Stadium – A Board (DE24 8XL)

## Friday:

Time	Level	Class	Instructor	Venue
10:00 - 11:00	1	Walking Football	Jack	Powerleague (DE24 8BW)   £3.50 Charge
16:00 - 17:00	1	Badminton	Chris	Springwood Leisure Centre (DE21 2RQ)

## Prices:

£50 - Per year for unlimited access      £25 - Per year if claiming JSA, DLA, ELA or Pension  
£20 - Per month for unlimited Walking Football      £3.50 - Walking Football      £3 - Pay as you go

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