



Workout Timetable

July – September 2010

Alfreton Leisure Centre
Tel: 01773 523325
www.alfretonleisurecentre.co.uk

Ripley Leisure Centre
Tel: 01773 514727
www.ripleyleisurecentre.co.uk

William Gregg VC Leisure Centre
Tel: 01773 537940
www.williamgreggvcleisurecentre.co.uk

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4 life
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DC LEISURE 
Fitness Industry Association
Operator of the Year 2008 & 2009


AMBER VALLEY
BOROUGH COUNCIL

DC Leisure working in partnership with Amber Valley Borough Council

Alfreton Leisure Centre

Welcome to the fitness timetable for Alfreton, Ripley and William Gregg VC Leisure Centres. We hope you enjoy the variety of classes that we have on offer. Please note that due to customer demand we are constantly reviewing our programme. The following timetables are all correct at time of going to print but please check the session details with Reception or on our website prior to attending to avoid disappointment.

Monday

09.30-10.30am
10.45-11.30am
11.45-12.15pm
14.00-15.00pm
18.15-19.15pm
19.15-20.15pm
20.15-21.15pm

Body Conditioning
Be Active Circuit
Aqua Jog
Line Dancing
Circuit
Aerobics
Body Combat

18.30-19.30pm
18.30-19.30pm
19.30-20.30pm

Body pump
Aqua Circuits
Body Combat

Tuesday

07.00-07.45am
09.30-10.30am
10.30-11.30am
14.00-15.00pm
18.15-19.15pm
19.15-20.15pm
20.30-21.15pm

Aqua Circuits
Body Pump
Body Combat
Aqua Fit
Body Pump
Body Vive
Boxercise

Saturday

10.00-11.00am
11.00-12noon
12.00-13.00pm

Body Pump
Boxercise
Body Combat

Sunday

8.30-9.30am
09.45-10.30am
11.00-12noon

Circuit
Core Fit
Hula Aerobics

Wednesday

09.30-10.30am
10.30-11.15am
11.15-12.15pm
11.45-12.15pm
17.30-18.15pm
18.15-19.15pm
19.00-20.00pm
19.15-20.00pm
19.15-20.15pm
20.15-21.15pm

Body Pump
Body Vive
Yoga
Aqua Jog
Circuit
Body Conditioning
Aqua Fit
Aerobics
Boxercise
Yogalates

Thursday

09.30-10.30am
10.45-11.45am
13.30-14.15pm
18.30-19.30pm
19.00-19.30pm
19.30-20.30pm
20.30-21.30pm

Triple Challenge
Body Combat
Be Active Circuit
Boxercircuit
Aqua Jog
Boot Camp
Pilates

Friday

09.30-10.30am
14.00-15.00pm
17.30-18.15pm

Body Combat
Be Active Body Vive
Circuit



CIRCUITS

A mix of traditional circuits and total body conditioning, an all round work out.

BODY VIVE

Low impact class that will improve your heart fitness, strength & stability, stretching and mobility using balls, bands and optional hand weights.

AEROBICS

A combination high/low workout for all abilities.

CORE FIT

A low impact workout using the stability ball to improve co-ordination.

BODY COMBAT

Combines moves from a range of disciplines like karate, boxing and Tae Kwon do. Music and pre-choreography create a fierce, energetic experience which raises fitness levels throughout the whole body.

PILATES

Targets deep postural muscles, rebalancing of the body, improving posture, strength & flexibility.

HULA AEROBICS

Burn calories fast in this fun, high energy class.

BOXERCISE

A non-contact class using pads and gloves within boxing techniques to create an all over body workout.

BODY CONDITIONING

An all over body workout using all the major muscle groups with hand held weights

BOOT CAMP

An intense circuit based class with all over body conditioning.

TRIPLE CHALLENGE

A combination class including aerobics, step and body conditioning.

BODY PUMP

This class uses bar bells and adjustable weights to tone and condition muscles while raising the metabolic rate for fat burning.

LINE DANCING

A low impact class that will improve your heart fitness within choreographed routines.

TZ WORKOUT

For ages 11-15(inclusive) using equipment in the gym. Parental consent and an Induction is required prior to your first session. Sessions must be booked and paid for in advance

DANCE FIT

An upbeat aerobic dance class ideal for those that really want to improve their cardiovascular fitness.

AQUA JOG

involves 'running' in the water whilst you are kept afloat with a buoyancy belt that is strapped to your back. It works your muscles hard but like all water-based activities it has less impact on joints. Strengthens and tones the leg and hip muscles whilst giving your heart a good

workout! Improves core stability, endurance and flexibility and only takes 30 minutes!!

AQUA FIT

An all round water workout designed to improve fitness and muscle tone with less stress on the joints. Suitable for all regardless of your fitness level.

AQUA CIRCUITS

This is aimed at all fitness levels and is the aquatic equivalent to circuits in the gym. Based on a range of activities and movements, participants use equipment such as weights and specialised floats and move between stations to tone specific muscle groups. Workouts often include an element aimed at improving aerobic fitness.

CARDIO BLAST

Burn calories fast in this fun, high energy class which also helps to improve endurance and muscular strength

FLEX + STRETCH

A class which entails a combination of Tae chi, Yoga and Pilates

STEP

This workout is ideal to improve cardiovascular fitness, primarily working your heart and lungs. This class will also give your lower body muscles a good workout.

BLT

Body shaping incorporating Legs, Bums and Tums work and upper body using bands and weights.

BOX FIT

Circuit style class incorporating elements of boxing moves, using pads and gloves and a mix of stations. All combined to improve the cardiovascular system and increase body tone

Ripley Leisure Centre

Monday

09.30-10.30
10.45-11.45
12.30-13.00
14.00-14.45
18.00-18.45
18.00-19.00
19.00-19.45
19.00-20.00
19.00-20.00
20.00-21.00
20.15-21.00

Body Combat
Body Vive
Spin
Be Active Mobility
Spin *
Body Vive
Spin
Boxercise
Body pump
Pilates
Aqua Aerobics

Tuesday

09.15-10.00
09.30-10.30
10.30-11.30
12.30-13.00
16.00-16.45
18.00-18.45
18.00-18.45
19.00-19.45
19.00-20.00
20.00 - 20.30
20.00-21.00

Aqua Aerobics
Keep Fit
Yogalates
Aqua Jog
Teen Circuit
Spin
Hulaerobics
Spin *
Body Combat
Aqua Jog
Pilates

Wednesday

09.30-10.30
10.45-11.30
12.30-13.00
18.00-18.45
18.00-18.45
19.00-19.45
19.00-20.00
20.00-20.30
20.00-21.00

BLT
Be Active Mobility
Spin*
Spin
Step
Spin *
Body Pump
Aqua Jog
Body Combat



Thursday

09.15-10.00
10.15-11.15
11.00-11.45
12.30-13.15
13.00-13.30
16.00-16.30
18.00-19.00
18.15-19.00
19.15-20.00
19.15-20.00
20.00-21.00

Body Vive
Body Pump
Aqua Circuit
Line Dancing
Aqua Jog
Teen Spin
Body Combat
Spin *
Spin
Body Conditioning
Fitness Yoga

Friday

09.30-10.30
11.00-12.00
11.15-12.00
12.30-13.00
17.00-17.45
18.00-19.00
19.15-20.00

BLT
Body Combat
Aqua Aerobics
Spin*
Spin
Body Pump
Aqua Aerobics

Saturday

10.00-11.00
11.15-12.00

Body Combat
Spin

Sunday

10.00-10.45
10.00-11.00
11.00-12.00

Spin
Pilates
Body Pump



William Gregg VC Leisure Centre

Monday

Hi/lo Aerobics	9.30-10.30am
Be Active Aqua Jog	12.00-12.30pm
Body Vive	1.00-2.00pm
Aqua Fit	1.30-2.15 pm
TZ Workout	4.00-5.00pm
BLT	5.30-6.30pm
Body Combat	6.30-7.30pm
Dance Fit	7.45-8.45pm

Tuesday

Aqua Jog	6.30-7.00am
Aqua Fit	9.00-9.45am
BLT	9.30-10.30am
Body Combat	10.30-11.30am
Body Vive	12.30-1.30pm
Power Hour Circuit	5.30-6.30pm
Aerobics	6.45-7.30pm
Aqua Jog	7.30-8.00pm
Body Pump	7.30-8.30pm
Aqua Circuits	8.15-9.00pm
Fitness Pilates	8.30-9.30pm

Wednesday

Box Fit	9.30-10.30am
Body Conditioning	10.30-11.30am
Line Dancing	1.00-2.00pm
TZ Workout	4.00-5.00pm
Body Pump	6.00-7.00pm
Aqua Jog	6.30-7.00pm
Dance Fit	7.00-8.00pm
Aqua Fit	7.00-7.45pm
Box Fit	8.15-9.00pm

Thursday

Aqua jog	6.30-7.00am
Body Combat	9.30-10.30am
Flex & Stretch	10.30-11.30am
Body Vive	11.30-12.30pm
Aqua Jog	1.00-1.30pm
TZ workout	4.00-5.00pm
Aqua Circuits	6.15-7.00pm
Body Combat	6.30-7.30pm
Step	7.30-8.30pm

Friday

Aerobics	9.30-10.30am
Body Pump	10.30-11.30am
Body Blitz Circuit	5.00-5.45pm
Cardio Blast	7.30-8.30pm

Saturday

Aqua Circuit	8.15-9.00am
Body Combat	10.00-11.00am
TZ workout	10.00-11.00am
Weekend Wake Up Circuit	11.30-12.30pm
Aqua Jog	1.00 -1.30pm

Sunday

Pump technique session	9.45-10.00am
Body pump	10.00-11.00am
Pilates	11.15-12.15pm



Are you paying too much?

Take a look at our Kinetika Membership Package below:

kinetika Membership

- Unlimited use of Alfreton, William Gregg VC and Ripley Leisure Centre fitness gyms
- Use of the Sauna at Alfreton Leisure Centre
- Free entry to all fitness classes
- Free swimming during public sessions
- Free off peak racquet sports

Payment options include monthly Direct Debit, annual, joint, or concessionary membership.



Pool Activities

Our pool programme offers a comprehensive range of sessions for all types of swimming. So whether you like to kick start your day with an early morning swim, splash about with the kids or enjoy a quieter session just for adults we have something to suit you.

Please note that some All Welcome sessions share the pool with swimming lessons. However a lane rope will be used to segregate swimmers appropriately.

Learn to Swim with us!

Whether you are looking for adult, junior or private tuition we have a range of opportunities available. Our lessons run for 50 weeks payable by direct debit payment. For more information contact the Leisure Centre Swim Academy Co-ordinator.

The pools are open from 6.30am Monday to Friday and 9.00am at the weekends. For specific timetables please visit our websites which can be found through www.dcleisurecentres.co.uk, or pick up a timetable from reception.



Centre Information

Fitness classes are **£3.95** per session, excluding Be Active. BTS Body Pump and Body Combat are **£4.95** per session for non-members. Admission to an aerobics session after the warm up period has taken place may not be permitted. This is to safeguard you against injury.

Please note that all classes are included within our kinetika gym membership package. Classes can be booked up to six days in advance by members and up to 24 hours in advance by non members. Classes with an asterisk can be booked up to six days in advance by all customers.

Any member or casual failing to attend a fitness class to which they are booked on to will be charged the class fee unless they give 12 hours notification prior to the class commencing. This is to maintain an effective system in place for all our customers.

Places can then be made available to everyone in the event of someone cancelling.

Please contact Reception to obtain this publication in an alternative format or e-mail the centre you require. To access Type Talk please dial the prefix number 18001 followed by the telephone number including the area code.

Induction loops have been installed in the leisure centres. If you wear a hearing aid please switch it to the T position to benefit from the loop.

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e-mail: enquiries@alfretonleisurecentre.co.uk

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