

Why not try the
New Aqua Jog sessions!



Workout Timetable

January - March 2010

Alfreton Leisure Centre

Tel: 01773 523325

www.alfretonleisurecentre.co.uk

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

Monday

Body conditioning	9.30am – 10.30am
Be Active Circuit	10.45am – 11.30am
Aqua Jog	11.45am – 12.15pm
Line Dancing	2.00pm – 3.00pm
Circuit	6.15pm – 7.15pm
Aerobics	7.15pm – 8.15pm
Body Combat	8.15pm – 9.15pm

Tuesday

Body Pump	9.30am – 10.30
Body Combat	10.30am – 11.30am
Aqua Aerobics	2.00pm – 3.00pm
Body Pump	6.15pm – 7.15pm
Body Vive	7.15pm – 8.15pm
Boxercise	8.30pm – 9.15pm

Wednesday

Body Pump	9.30am – 10.30am
Body Vive	10.30am – 11.15am
Yoga	11.15am – 12.15pm
Aqua Jog	11.45am – 12.15pm
Circuit	5.30pm – 6.15pm
Body conditioning	6.15pm – 7.15pm
Aerobics	7.00pm – 7.45pm
Aqua Aerobics	7.00pm – 8.00pm
Boxercise	7.15pm – 8.15pm
Pilates	8.15pm – 9.15pm

Thursday

Triple Challenge	9.30am – 10.30am
Body combat	10.45am – 11.45pm
Be Active Circuit	1.30pm – 2.15pm
Advanced Boxercise	6.30pm – 7.30pm
Aqua Jog	7.00pm – 7.30pm
Boot Camp	7.30pm – 8.30pm
Pilates	8.30pm – 9.30pm

Friday

Body Combat	9.30am – 10.30am
Boxercise Circuit	10.45am – 11.45am
Be Active Body Vive	2.00pm – 3.00pm
Circuits	5.30pm – 6.15pm
Aqua Aerobics	6.30pm 7.30pm
Body Pump	6.30pm – 7.30pm
Body Combat	7.30pm – 8.30pm

Saturday

Body Pump	10.00am – 11.00am
Boxercise	11.00am – 12.00pm
Body Combat	12noon – 1.00pm

Sunday

Circuit	8.30am – 9.30am
Core Fit	9.45am – 10.30am
Hula Aerobics	11.00am – 12noon



Fitness Membership

Love our fitness classes? Why not invest in a Fitness membership? Unlimited use of gym and fitness classes rolled into one monthly fee plus priority booking for members. Ask at reception for details.

New Aqua Jog classes now available!



Welcome to Alfreton Leisure Centre Group Exercise Programme. Designed to provide an excellent choice of classes for people of all ages, abilities and interests, all taught by our qualified and experienced instructors.

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.

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.

Boxercise

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

Aqua Jog - NEW CLASSES

Develops muscular strength, core strength, endurance and flexibility. However far gentler on the body than land based training and reduces impact on the joints by up to 85%. Excellent water based fitness class for both men and women!

Aqua Aerobics

Join our dance workout in the pool.

Centre Information

Fitness classes are £3.80 per session, excluding Be Active. BTS Body Pump and Body Combat are £4.80 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 asterix 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 £3.80 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.

Opening Times:

6.30 - 10.00 Monday to Friday

8.00 - 6.00 Saturday

8.00 - 8.00 Sunday

If you require this publication in an alternative format please contact Reception or e-mail enquiries@williamgreggycleisurecentre.co.uk. 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 centre. If you wear a hearing aid please switch it to the T position to benefit from the loop

Main Reception **01773 523325**

kinetika Gym **01773 523326**



PURELIME now supply mens fitness wear.
See reception for more details.



RNID typetalk

Sportswear from PureLime



We've got a great range of PureLime Ladies Sportswear. Please visit our shop in reception.

www.purelime.com

PURE LIME

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