

**FREE SWIMMING\***  
available for those aged 60  
& over and 16 & under.  
Ask at reception for details.  
\*conditions apply



# Workout Timetable

April - June 2010

Alfreton Leisure Centre  
Tel: 01773 523325  
[www.alfretonleisurecentre.co.uk](http://www.alfretonleisurecentre.co.uk)

## 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

## 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

## 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  
Pilates

## 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  
18.30–19.30pm  
18.30–19.30pm  
19.30–20.30pm

Body Combat  
Be Active Body Vive  
Circuit  
Body pump  
Aqua Circuits  
Body Combat

## 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





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.

### **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.

## 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 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 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.

## 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](mailto: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 Tel: 01773 523325**

**Kinetika gym Tel: 01773 523326**



## Sportswear from PureLime



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

[www.purelime.com](http://www.purelime.com)

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**Alfreton**

Leisure Centre



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