



Workout Timetable

April 2009

Alfreton Leisure Centre

DC LEISURE 

Fitness Industry Association
Operator of the Year 2008/9



AMBER VALLEY
BOROUGH COUNCIL

DC Leisure working in partnership with Amber Valley Borough Council

MONDAY

Body conditioning	9.30 – 10.30am
Be Active Circuit	10.30 – 11.15am
Line Dancing	2.00 – 3.00pm
Circuit	6.15 – 7.15pm
Aerobics	7.15 – 8.15pm
Body Combat	8.15 – 9.15pm

TUESDAY

Body Pump	9.30 – 10.30
Body Combat	10.30 – 11.30am
Be Active Circuit	1.30 – 2.15pm
Body Pump	6.15 – 7.15pm
Body vive	7.15 – 8.15pm
Boxercise*	8.30 – 9.15pm

WEDNESDAY

Body Pump	10.00 – 11.00am
Yoga	11.00 – 12noon
Be Active Body Vive	12.30 – 1.30pm
Circuit	5.30 – 6.15pm
Body conditioning	6.15 – 7.15pm
Aerobics	7.00 – 8.00pm
Boxercise	7.15 – 8.15pm
Pilates	8.15 – 9.15pm

THURSDAY

Triple Challenge	10.00 – 11.00am
Body combat	11.15 – 12.15pm
Advanced Boxercise	6.30 – 7.30pm
Boot Camp	7.30 – 8.30pm
Yoga	8.30 – 9.30pm

FRIDAY

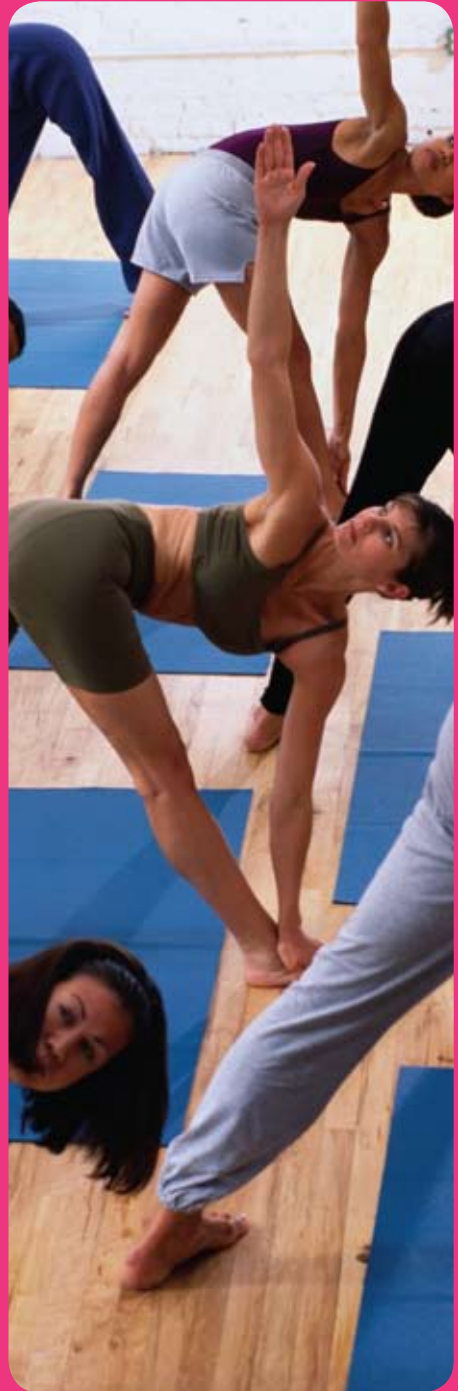
Aerobics	9.30 – 10.30am
Boxercise Circuit	10.45 – 11.45am
Be Active Body Vive	2.00 – 3.00pm
Circuit	6.30 – 7.30pm
Body Combat	7.30 – 8.30pm
Body Conditioning	8.30 – 9.30pm

SATURDAY

Body conditioning	10.00 – 11.00am
Boxercise	11.00 – 12noon
Body Pump	12noon – 1.00pm

SUNDAY

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





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.

BODY BLAST

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 £3.80 per session, excluding Be Active and 30 minute lunchtime sessions. 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 £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.

Our gym is open from 6.30am, Monday to Friday and from 8am at the weekend.

If you require this publication in an alternative format please contact the Marketing Manager on 01773 523325 or e-mail estherhorsley@dcleisure.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



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



Alfreton Leisure Centre

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Sportswear from PureLime



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

www.purelime.com

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