

FREE SWIMMING*
available for those aged 60
& over and 16 & under
from 1st April 2009.
Ask at reception for details.
*conditions apply



Fitness Timetable

April 2009

Ripley Leisure Centre

MONDAY

Spin	8.00 – 8.30am
Body combat	9.30 – 10.30am
Body vive	10.45 – 11.45am
Spin cycling	12.30 – 1.00pm
Be Active mobility	2.00 – 2.45pm
Body vive	6.00 – 7.00pm
Spin cycling	6.00 – 6.45pm
Boxercise	7.00 – 8.00pm
Spin cycling	7.00 – 7.45pm
Aerobics	7.15 – 8.15pm
Aqua Aerobics	8.15 – 9.00pm
Body pump	8.15 – 9.15pm

TUESDAY

Aqua Aerobics	9.15 – 10.00am
Keep Fit	9.30 – 10.30am
Yogalates	10.30 – 11.30am
Core Fit	12.30 – 1.00pm
Spin	12.30 – 1.00pm
Teen Circuit	4.00 – 4.45pm
Spin cycling	6.00 – 6.45pm
Body Combat	6.30 – 7.15pm
Spin cycling	7.00 – 7.45pm
Dancacise	7.15 – 8.00pm
Pilates	8.00 – 9.00pm

WEDNESDAY

Spin	8.00 – 8.30am
BLT	9.30 – 10.30am
Be Active Mobility	10.45 – 11.30am
Spin cycling	12.30 – 1.00pm
Spin cycling	6.00 – 6.45pm
Step	6.00 – 7.00pm
Spin cycling	7.00 – 7.45pm
Body pump	7.15 – 8.15pm

THURSDAY

Body vive	9.15 – 10.00am
Body Pump	10.15 – 11.15am
Spin	12.30 – 1.00pm
Line Dancing	12.30 – 1.15pm
Be Active chairobics	2.00 – 2.45pm
Teen Spin	4.00 – 4.45pm
Body combat	6.00 – 7.00pm
Spin cycling	6.15 – 7.00pm
Spin cycling	7.15 – 8.00pm
Body Conditioning	7.15 – 8.00pm
Boxercise	8.15 – 9.15pm

FRIDAY

Spin cycling	8.00 – 8.30am
BLT	9.30 – 10.30am
Fitness Yoga	10.30 – 11.30am
Aqua Aerobics	11.15 – 12noon
Spin	12.30 – 1.00pm
Aqua Aerobics	7.15 – 8.00pm

SATURDAY

Triple challenge	10.00 – 11.00am
Spin cycling	11.15 – 12noon

SUNDAY

Spin cycling	9.00 – 9.45am
Pilates	10.00 – 11.00am





Welcome to Ripley 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.

STEP

ideal for improving cardiovascular fitness and giving your lower body muscles a good workout.

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.

AQUA

A low impact water workout to improve fitness and muscle tone. Suitable for all abilities.

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.

FITNESS YOGA

A more advanced version of traditional Yoga designed to give an all round workout.

PILATES

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

BODY PUMP

Non impact resistance programme combining high repetition weight training with aerobic endurance. Conditions muscles while raising metabolic rate for rapid fat burning.

SPIN

Burn calories fast in this fun, high energy class. No complicated choreography just cycle on a stationary bike using varying resistance levels and speeds to really challenge yourself.

BE ACTIVE MOBILITY

Gentle standing and seated exercises to improve joint mobility, posture and muscle tone

BOXERCISE

A boxing based circuit class using gloves, pads, punch bags etc suitable for all levels and abilities

KEEP FIT

A low impact class incorporating floor exercises suitable for all abilities

YOGALATES

A combination of moves taken from both Yoga and Pilates

BLT

A class aimed at toning and shaping the thighs, bum, legs and tummy area

LINE DANCING

A dance based class choreographed to country music

BE ACTIVE CHAIROBICS

A chair based class to improve mobility, posture, flexibility and aid relaxation.

TRIPLE CHALLENGE

This class combines Aerobics, Step and Body conditioning for a total body workout.

DANCACISE

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

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.

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 514727
Kinetika gym Tel: 01773 514730



Ripley Leisure Centre

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