

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



Weekly Fitness Timetable

April 2009

William Gregg VC 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

Hi/Lo Aerobics	9.30 – 10.30am
Dance Fit	10.30 – 11.30am
Body Vive	1.00 – 2.00pm
TZ workout	4.00 – 5.00pm
Step	5.30 – 6.30pm
Body combat	6.30 – 7.30pm
Flex & Stretch	7.30 – 8.30pm

TUESDAY

Aqua	9.00 – 9.45am
Glide 'n' Tone	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
Fitness Pilates	7.30 – 8.30pm

WEDNESDAY

Step	9.30 -10.30am
Body Pump	10.30 – 11.30am
Line Dancing	1.00 – 2.00pm
TZ Workout	4.00 – 5.00pm
Body Pump	5.30 – 6.30pm
Body Blast	6.30 – 7.30pm
Aqua Aerobics	7.00 – 7.45pm
Body Sculpt	7.30 – 8.30pm

THURSDAY

Body Combat	9.30 – 10.30am
Body vive	10.30 – 11.30am
Flex & Stretch	11.30 – 12.30am
TZ workout	4.00 – 5.00pm
Step 'n' Tone	6.30 – 7.30pm
Core Fit	6.30 – 7.30pm

FRIDAY

Aerobics	9.30 – 10.15am
Pump Technique Session	10.15 – 10.30am
Body Pump	10.30 – 11.30am
Pilates	11.30 – 12.30am
Body blitz Circuit	5.00- 5.45pm
Body Combat	7.30 – 8.30pm

SATURDAY

Aerobics	10.00 – 11.00am
TZ Workout	10.00 – 11.00am
Weekend Wake up Circuit	11.30 – 12.30pm

SUNDAY

Body Pump	10.00- 11.00am
Pilates	11.00 – 12noon





Welcome to William Greg VC 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.

Body Pump

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

Body Combat

Combines power house moves and stances developed 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.

Body Vibe

Is a fun low-impact, 55-minute class, integrating aerobic exercise for heart fitness, resistance training for strength and stability, stretching and mobility work using resistance bands, balls and optional light weights all while listening to uplifting and inspiring music.

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.

Circuits

This class builds speed, stamina and strength as well as cardiovascular endurance.

Aqua

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.

Body Sculpt

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

Core Fit

A workout targeting those all important areas using a Stability ball to help improve co-ordination.

Aerobics

A great calorie burning workout that combines low & high impact moves to upbeat music.

Pilates

Exercise technique targeting deep postural muscles, re-balancing of the body, improving posture and strength & flexibility.

Body Blast

Burn calories fast in this fun, high energy class. No complicated choreography

Fitness Pilates

A more upbeat version of traditional Pilates designed to give an all round workout.

Flex + Stretch

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

Hi / Lo aerobics

Great for fitness and excellent for an efficient cardiovascular workout that can help you to get your heart rate up and look and feel great. Hi / Lo Aerobics is a mixture of hi and lo impact moves so is ideal for all ranges of abilities.

TZ Workout

For ages 11-16 years using equipment in the gym. Sessions must be booked and can be done up to six days in advance and must pay at time of booking. In order to access these sessions an Induction prior to the session is needed.

Step 'n' Tone

A fun stepping segment, then on to toning and firming of the ab's and other unwanted bits.

Glide n tone

A class which utilizes gliders and mini balls to target butts, thighs and core and allows you to tone those areas more effectively.

Dance Fit

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. 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 537940
Kinetika gym Tel: 01773 537950



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