

Healthy Living Centre Gym

		06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	
Monday	▪		Family Fitness										Junior Gym						
	▪		Family Fitness										Junior Gym						
Tuesday	▪		Family Fitness							Health Referral Session			Junior Gym						
	▪		Family Fitness										Junior Gym						
Wednesday	▪		Family Fitness										Junior Gym						
	▪		Family Fitness										Junior Gym						
Thursday	▪		Family Fitness							Health Referral Session			Junior Gym						
	▪		Family Fitness										Junior Gym						
Friday	▪		Family Fitness										Junior Gym						
	▪		Family Fitness										Junior Gym						
Saturday	▪				Family Fitness														
	▪				Family Fitness														
Sunday	▪				Family Fitness														
	▪				Family Fitness														

Member of the gym team available
Gym will be unmanned at these times - contact reception for assistance
Junior Gym
Family Fitness
Health Referral Session

For more information on our centre and activities please visit www.chesterfield.gov.uk/leisure



