

Healthy Living Centre Fitness Timetable

Monday	
7.00am	VR Indoor Cycling
9.30am	Ballet Fit & Core
10.00am	Indoor Cycling
10.30am	Pilates
11.30am	Legs, Bums, Tums
12.00pm	Aquacise
1.30pm	Falls Prevention
5.15pm	HIIT
6.00pm	Indoor Cycling
6.15pm	Pilates
7.00pm	Indoor Cycling
7.15pm	Rockbox
7.30pm	Aquacise

Tuesday	
6.45am	Indoor Cycling
9.15am	Full Body Workout
10.15am	Yoga
11.15am	Dancefit
12.15pm	Aquacise
12.15pm	Indoor Cycling
1.15pm	Stretch and Tone
2.15pm	Dancing With Dementia
5.30pm	Zumba
6.00pm	Indoor Cycling
6.30pm	Body Combat
7.30pm	Yoga

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Thursday	
6.45am	VR Indoor Cycling
9.15am	VR Indoor Cycling
10.00am	Shred
11.00am	Zumba
1.15pm	Move It Mums
5.30pm	Pilates
6.30pm	Indoor Cycling
6.30pm	Rockbox
7.30pm	Legs, Bums, Tums

	Friday
10.00am	Indoor Cycling
11.00am	Dancefit
12.00pm	Aquacise
12.30pm	Chair Based
5.30pm	Power Yoga
6.45pm	Indoor Cycling
8.00pm	Aquacise

Saturday		
9.00am	Body Burn	
10.00am	Indoor Cycling	
10.00am	Yoga	
11.00am	Box Fit	

Sunday		
9.30am	Yoga	
10.00am	Indoor Cycling	
11.00am	Legs, Bums, Tums	
5.00pm	Body Pump	
6.00pm	Body Combat	

Cardio/Aerobic

Water Based Cardio Aerobic

Virtual Reality Session

Indoor Cycling

Power/Strength Session

Mind and Body Session

Health Related Session

Healthy Living Centre
Barlow Road, Staveley, Chesterfield S43 3XR
01246 345666
www.chesterfield.gov.uk/sports-and-leisure

Please note: Classes can be subject to change. We will attempt to inform you of any changes as soon as possible but this may not always be possible at short notice.

