

Queen's Park Sports Centre

Christmas Fitness Timetable week commencing 30 December

Monday 30th December			
9.00am	Aquacise		
9.00am	Rockbox		
10.00am	LBT		
11.00am	Stretch & Tone		
11.00am	Falls Prevention		
11.30am	Moving in Water		
12.00pm	Moving in Water		
12:15pm	Fitness Locker Circuits		
12.30pm	Move It Mums		
1.00pm	Activities for All		
1.15pm	Outswimming Cancer		
5.30pm	Indoor Cycling		

6.00pm Body Combat

Wednesday 1st January

Tuesday 31st

December

Thursday 2nd January		Frida	Friday 3rd January	
6.30am	HIIT Circuit	9am	Indoor Cycling	
6.45am	Indoor Cycling	9.00am	Core	
9.15am	Ballet Fitness	9.30am	Kettlebell	
10.15am	Dancefit	10.00am	Body Pump	
11.15am	Stretch & Tone	11.00am	Stretch & Tone	
12.15pm	Aquacise	12.00pm	Indoor Cycling	
5.30pm	Indoor Cycling	12:15pm	Fitness Locker Circuits	
6.00pm	Body Combat	1.00pm	50+ Stretch & Tone	
6.30pm	Indoor Cycling	2.00pm	Health and Wellbeing Circuits	
7.15pm	Dancefit	5.30pm	Indoor Cycling	
8 30nm	Dilatos	6.00nm	Total Body Workout	

Saturday 4th Janua	Saturday 4th January		
8.30am Indoor Cycling			
8.45am Box Hit			
10.00am Body Combat			
10.00am Indoor Cycling			
11.15am Body Pump			
1.00pm Zumba Gold			

Sunday 5th January		
8.30am	Indoor Cycling	
9:30am	Beatz	
10:30am	Rockbox	
2.30pm	Yoga	
5.30pm	Indoor Cycling	
6.00pm	Total Body Workout	

Power/Strength Session

Mind and Body Session

Health Related Session

Circuits **Indoor Cycling** Total Body Workout

Rockbox

7.45pm

Cardio/Aerobic

Water Based Cardio Aerobic

Indoor Cycling

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.

Queen's Park Sports Centre Boythorpe Road, Chesterfield S40 2NE 01246 345555 www.chesterfield.gov.uk/leisure

Aquacise, Ballet Fitness, Dance Fit, Indoor Cycling and Rockbox: ages 14+ All other classes: ages 16+