

Staying Active timetable

Come along and join in with exercises to help improve your strength, balance, co-ordination and flexibility.



For more information please contact Mel Hall
call 01530 454839 or email melanie.hall@nwleicestershire.gov.uk

June 2019

Timetable of activities

Holistic						
Monday	12pm - 1pm	Danny	Activity Bingo	The Biggin	DE74 2PB	£3
	1pm-2pm	Danny	Mobility	Wakefield Court	DE74 2PE	Free
	2pm - 3pm	Danny	Easy Move Chair Aerobics	The Spital Pavilion	DE74 2NQ	£3.75
	6pm - 7pm	Tracey	Freestyle Yoga	Castle Rock High School	LE67 4BR	£4.50
	6pm - 7pm	Lori	Body Balance	Hermitage Leisure Centre	LE67 5EU	£4.10
	7.30pm - 8.30pm	Sandi	Zumba	Hood Park Leisure Centre	LE65 1HU	£4.10
	7.35pm - 8.35pm	Karen	Pilates	Hermitage Leisure Centre	LE67 5EU	£4.10
Tuesday	10am -11am	Tracey	Easy Move Chair Aerobics	Hugglescote Community Centre	LE67 2BR	£2
	1.30pm - 2.30pm		Easy Move Chair Aerobics	Charles Booth Centre,	LE67 8NR	£3
	5pm - 6pm	Tracey	Body Balance	Hermitage Leisure Centre	LE67 5EU	£4.60
	6pm - 7pm	Tracey	Body Balance	Hermitage Leisure Centre	LE67 5EU	£4.60
	7pm – 8pm	Tracey	Fitness Yoga	Hermitage Leisure Centre	LE67 5EU	£4.60
	10.30am – 11.30am	Lori	Body Balance	Hermitage Leisure Centre	LE67 5EU	£4.10
	11am - 12 noon	Danny	Easy Move Chair Aerobics	Marlborough Square Methodist Church	LE67 3WD	£3.50
Wednesday	11.30am – 12.30pm	Christine	Pilates	Hermitage Leisure Centre	LE67 5EU	£4.60
	11.45pm - 12.45pm	Christine	Pilates	Hugglescote Community Centre	LE67 2BR	£3
	2pm - 3pm	Danny	Mobility	Parkview	LE67 5DJ	FREE
	7pm - 8pm	Steph	Body Balance	Hermitage Leisure Centre	LE67 5EU	£4.10
	12.15pm – 1.15pm	Tracey	Body Balance	The Brass House	LE67 3FA	£2.50
	5.30pm – 6.30pm	Tracey	Fitness Yoga	Hermitage Leisure Centre	LE67 5EU	£4.10
	7.05pm – 8.05pm	Ryan	Pilates	Hermitage Leisure Centre	LE67 5EU	£4.60
Thursday	7.30pm – 8.30pm	Steph	Body Balance	Hermitage Leisure Centre	LE67 5EU	£4.10
	10am - 11am	Christine	Health Pilates	Hugglescote Community Centre	LE67 2BR	£3.00
	1pm - 2pm	Danny	Mobility	Hood Court	LE65 1HY	FREE
	2.15pm - 3.15pm	Danny	Easy Move Chair Aerobics	Brown Court	LE65 2LZ	£3

Weight management						
Wednesday	1pm - 3pm	Darren	LEAP	Hugglescote Community Centre	LE67 2BR	FREE
	6pm - 8pm	Chris	LEAP	Christ Church	LE67 3SJ	£3

Aqua						
Tuesday	9.30am - 10.30am	Julie	Aqua Aerobics	Hermitage Leisure Centre	LE67 5EU	£4.60
	10.30am-11.30am	Julie	Aqua Aerobics	Hermitage Leisure Centre	LE67 5EU	£4.60
	2.30pm - 3.30pm	Julie	Aqua Aerobics	Hermitage Leisure Centre	LE67 5EU	£4.60
	7pm – 8pm	Ryan	Aqua Aerobics	Hermitage Leisure Centre	LE67 5EU	£4.60
Wednesday	9.10am - 10.10am	Julian	Aqua Aerobics	Hood Park Leisure Centre	LE65 1HU	£4.60
	2.30pm – 3.30pm	Julie	Aqua Aerobics	Hermitage Leisure Centre	LE67 5EU	£4.60
	6.30pm – 7.30pm	Sandi	Aqua Aerobics	Hermitage Leisure Centre	LE67 5EU	£4.60
Thursday	7pm– 8pm		Disability Swimming Session	Hermitage Leisure Centre	LE67 5EU	FREE
Friday	10.30am – 11.30am	Lori	Aqua Aerobics	Hermitage Leisure Centre	LE67 5EU	£4.60
	3pm – 3.30pm		GP Referral swimming lessons	Hood Park Leisure Centre	LE65 1HU	£24 for 6 week course
Saturday	6.30pm – 7.30pm		Free disability swimming session	Hood Park Leisure Centre	LE65 1HU	FREE

Walking groups						
Tuesday	11.30am-12.30pm	Community	Walking Football	Measham Leisure Centre	DE12 7HR	£2.50
Thursday	11.30am- 12.30pm	Community	Walking Football	Hermitage Leisure Centre	LE67 5EU	£2.20
Friday	10.30am- 11.30am	Community	Walking Football	Measham Leisure Centre	DE12 7HR	£2.50
Sunday	9.30am - 10.30am	Chris	Nordic Walking	Moira Furnace	DE12 6AT	£3

Falls maintenance						
Tuesday	1.30pm - 2.30pm starting 23 July	Zara	Steady Steps Plus	Whitwick Park Hall	LE67 4JP	£3
Thursday	10.30am - 11.30am	Danny	Steady Steps Plus	Packington Memorial Hall	LE65 1WJ	£3
	1.30pm - 2.30pm	Danny	Steady Steps Plus	Whitwick Park Hall	LE67 4JP	£3
	2pm - 3pm	Chris	Steady Steps Plus	Hood Park Leisure Centre	LE65 1HU	£4
Friday	10am - 11am	Chris	Steady Steps Plus	Castle Donington Methodist Church	DE74 2JA	£4

Gym - 50plus sessions						
Monday	2.30pm - 3.30pm	Instructor	Gym Session	Hermitage Leisure Centre	LE67 5EU	£5.10
Tuesday	2pm - 3pm	Instructor	Gym Session	Hood Park Leisure Centre	LE65 1HU	£5.10
	2.30pm - 3.30pm	Instructor	Gym Session	Hermitage Leisure Centre	LE67 5EU	£5.10
Thursday	2pm - 3pm	Instructor	Gym Session	Hood Park Leisure Centre	LE65 1HU	£5.10
	2.30pm - 3.30pm	Instructor	Gym Session	Hermitage Leisure Centre	LE67 5EU	£5.10
Friday	2pm - 3pm	Instructor	Gym Session	Hood Park Leisure Centre	LE65 1HU	£5.10

Aerobics classes						
Monday	10am - 11am	Julie	50+ Aerobics	Hermitage Leisure Centre	LE67 5EU	£3.20
Tuesday	1.30pm - 2.30pm	Danny	Easy Move Aerobics	Charles Booth Centre	LE67 8NR	£3
Wednesday	11am - 12 noon	Danny	Easy Move Chair Aerobics	Marlborough Square Methodist Church	LE67 3WD	£3
	6pm - 7pm	Chris	Weight Busters	Christ Church	LE67 3JA	£3
Thursday	10am - 11am	Julie	50+ Aerobics	Hermitage Leisure Centre	LE67 5EU	£3.20
	4.30pm - 5.30pm	Sarah	FABS	St Davids Church, Green Hill Road	LE67 4RL	£3.50

Timetable is subject to change. Please check the website for more details.