

Getting to the Healthy Living Centre

On foot or bike: We welcome visitors on foot or bike and are easily accessible by pedestrian routes through Staveley Town Centre. We are also within walking distance from Poolsbrook Country Park, a popular tourist attraction and the Pennine Trail which stretches from Chesterfield to Rother Valley.

By Bus: It is easy to get here by bus as the main terminal is situated on Market Street directly opposite the Centre. The 77 bus runs from Chesterfield to Barlborough and the 46 bus connects Bolsover, Arkwright and Calow, also calling at Chesterfield. All of the routes listed above stop directly opposite the Centre.

By Car: If travelling on the motorway, leave the M1 at junction 30 picking up the A619 to Chesterfield.

The entrance to the Healthy Living Centre is off Barlow Road, via Market Street. FREE parking is provided on site at the front of the building.

At busy times you can use the FREE Town Centre parking provided off Porter Street less than 3 minutes walk from the centre.

Chesterfield Borough Council aims to reduce the impact of travel on the environment. So wherever possible, please:

- Travel by public transport
- Car share
- Walk or cycle



Please consult a doctor before participating in any activity if you are unsure of the suitability of any class, or if you suffer from a medical complaint.

Please notify the instructor prior to the class if you suffer from any condition that may affect your ability to exercise.

Please arrive on time for classes to avoid injury or disruption.

Please make sure all classes are booked for. This can be made up to a maximum of 6 days in advance through reception.

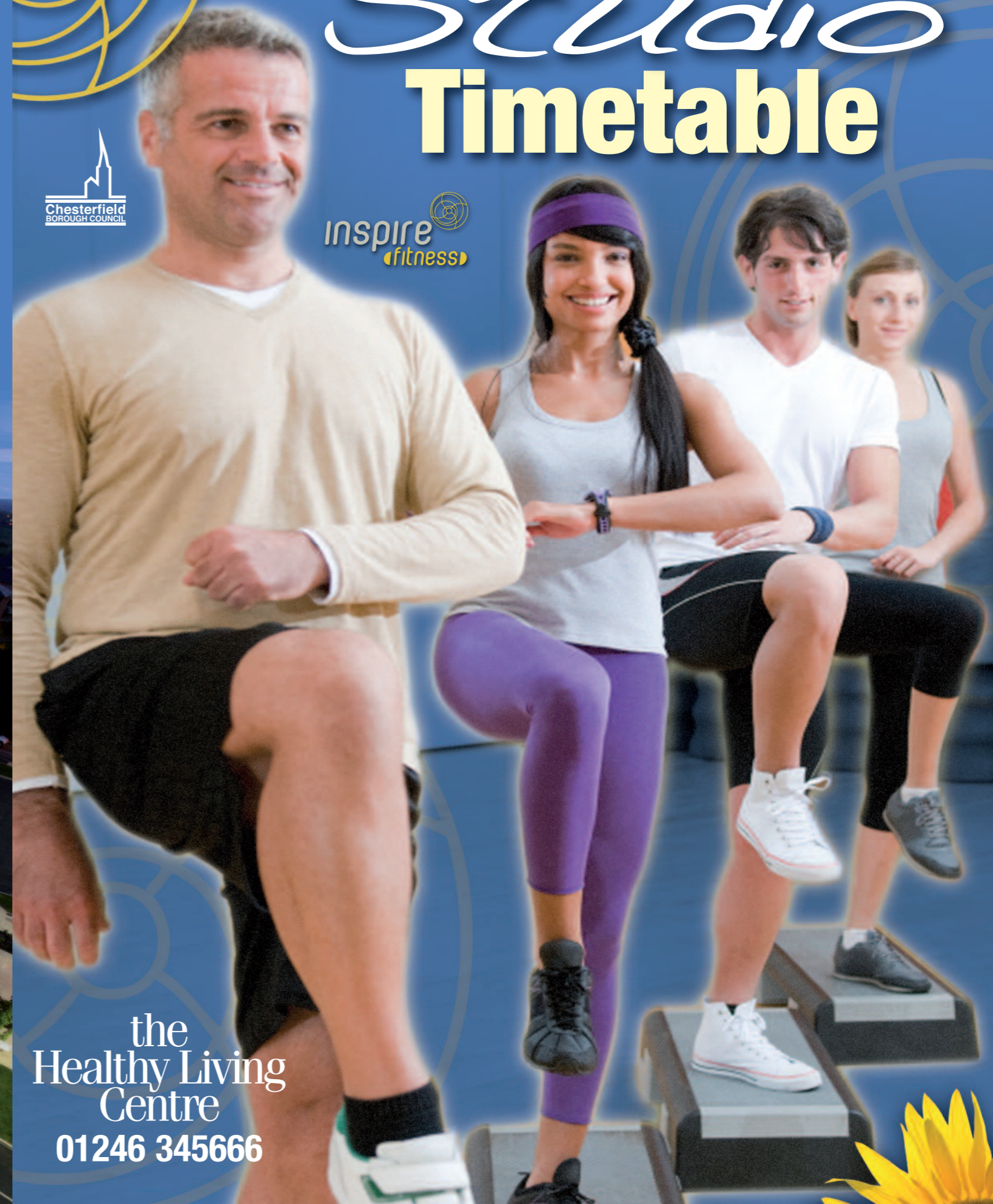
Cover instructors have often put themselves out at short notice to prevent cancellations, they deserve our support.

Classes are subject to change.

Comments or suggestions regarding the Studio Timetable should be directed to the Healthy Lifestyle Fitness Manager Jonathan Pickess.

Designed by Images Tel: 01782 740236 www.images.co.uk

Studio Timetable



the
Healthy Living
Centre
01246 345666

the
Healthy Living
Centre

Barlow Road, Staveley,
Chesterfield S43 3XR
01246 345666



This leaflet is available
in large print.

Are we accessible to you?
If not – ask us!

کیا ہم تک آپ کی رسائی ہے؟ اگر نہیں تو ہمیں بتائیے!
你可覺得易於與我們接觸？若不能的話，請提出要求。
Czy łatwo jest skontaktować się z nami? Jeżeli nie, powiedz nam o tym!
Siamo accessibili nei vostri riguardi? In caso contrario rivolgetevi a noi!



Studio Timetable

COLOUR CODING

RELAXATION & STRETCHING

HIGH CALORIE BURNING

CONDITIONING & TONING

DANCE

Monday	10.00am – 11.00am Inspire Pilates STUDIO 1 & 2	11.00am – 12.00pm Inspire LBT STUDIO 1 & 2	12.00pm – 1.00pm Inspire Basic Step STUDIO 1 & 2			6.15pm – 7.00pm Inspire Indoor Cycling STUDIO 1 & 2	7.15pm – 8.15pm Inspire Body Combat STUDIO 1 & 2	8.30pm – 9.30pm Inspire Body Pump STUDIO 1 & 2
Tuesday	10.00am – 11.00am Inspire Fitball STUDIO 1 & 2	11.00am – 11.15am Inspire Body Combat Clinic STUDIO 1 & 2	11.15am – 12.15pm Inspire Body Combat STUDIO 1 & 2		5.30pm – 6.15pm Inspire Indoor Cycling STUDIO 1 & 2	6.15pm – 7.15pm Inspire Step STUDIO 1 & 2	7.15pm – 8.15pm Inspire Body Pump STUDIO 1 & 2	8.30pm – 9.30pm Inspire Yoga STUDIO 1 & 2
Wednesday	10.00am – 11.00am Inspire Full Body Workout STUDIO 1 & 2	11.00am – 12.00pm Inspire Stretch & Tone STUDIO 1 & 2	12.00pm – 1.00pm Zumba STUDIO 1 & 2	2.00pm – 3.00pm Inspire Gentle Circuit STUDIO 1 & 2		6.30pm – 7.30pm Inspire Indoor Cycling STUDIO 1 & 2	7.30pm – 8.30pm Inspire Aerobics STUDIO 1 & 2	8.30pm – 9.15pm Inspire Step STUDIO 1 & 2
Thursday	6.45am – 7.30am Inspire Indoor Cycling STUDIO 1 & 2	10.00am – 11.00am Inspire Low Impact Aerobics STUDIO 1 & 2	11.00am – 11.15am Inspire Body Combat Clinic STUDIO 1 & 2 11.15am – 12.15pm Inspire Body Combat STUDIO 1 & 2	1.00pm – 1.30pm Inspire Weigh In STUDIO 1 & 2 1.30pm – 2.30pm Inspire Impact Fun Class STUDIO 1 & 2	5.30pm – 6.30pm Inspire Pilates STUDIO 1 & 2	6.30pm – 7.30pm Inspire Box Fit STUDIO 1 & 2	7.30pm – 8.30pm Inspire Body Combat STUDIO 1 & 2	8.30pm – 9.30pm Zumba STUDIO 1 & 2
Friday	10.00am – 11.00am Inspire Indoor Cycling STUDIO 1 & 2	11.00am – 12.00pm Inspire Box Fit STUDIO 1 & 2		2.00pm – 3.00pm Inspire Chair Based Aerobics STUDIO 1 & 2		6.00pm – 7.00pm Inspire Pilates STUDIO 1 & 2	7.00pm – 8.00pm Inspire Boxercise Circuit STUDIO 1 & 2	
Saturday	10.00am – 11.00am Inspire Fitball STUDIO 1 & 2							
Sunday	10.00am – 11.00am Inspire Step STUDIO 1 & 2	11.00am – 12.00pm Inspire Indoor Cycling STUDIO 1 & 2	12.00pm – 1.00pm Inspire LBT STUDIO 1 & 2	3.00pm – 4.30pm Inspire Yoga STUDIO 1 & 2	5.15pm – 6.15pm Inspire Body Pump STUDIO 1 & 2	6.30pm – 7.30pm Inspire Body Combat STUDIO 1 & 2		

Low Impact Aerobics - a class suitable for the older age group consisting of aerobics, conditioning and stretching. A complete workout for your body.

Aerobics - a great aerobic workout with a mix of high and low intensities to improve cardiovascular fitness, followed by all over body shaping and toning exercises. Great for all levels.

Yoga - this ancient form of exercise will keep both your mind and body healthy. It will encourage long lean muscles and help cleanse the body through correct breathing techniques.

Pilates - a mat based class suitable for all. The exercises are designed to lengthen and strengthen muscles, improve posture, balance, flexibility and core stability.

Indoor Cycling - based in the studio, these classes give the cardiovascular system a thorough workout whilst providing and invigorating and intense muscle blast for the lower body.

Body Pump - this is a barbell class that strengthens your body and challenges all major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Stretch and Tone - all over toning class that works all muscles followed by a series of stretches.

Body Combat - raises intensity and fitness levels to kick fat levels down, it's high energy and fun.

Boxercise Circuit - an exciting and different workout to music based on a boxing circuit. Suitable for all levels, it improves physique and general fitness.

Fitball - a toning class using the stability ball. This class will give you an overall effective workout.

LBT - legs, bums and tums! An all over body resistance workout that's excellent for toning and sculpting.

Inspire Weigh In & Low Impact Fun Class - the weigh in will track your weight loss weekly and the fun class will help burn excess calories!

Box Fit - a fun cardio workout using gloves and pads.

Step - a fun cardiovascular workout that uses the step. It provides a great workout for fat burning and improving co-ordination.

Zumba - a fusion of Latin and International music that creates a dynamic, exciting and effective fitness system.

Full Body Workout - this class will do exactly what it says! A mixture of different exercise techniques to gain maximum results.

Gentle Circuit - a circuit based class that is suitable for complete beginners. You will get a complete workout suited to your ability.

Chair Based Aerobics - this class is done totally on chairs. It's suitable for people who have limited mobility, muscle or joint problems.

