

# 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.

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



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!

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 and printed by Images Tel: 01782 740236 www.images.co.uk



## The Healthy Living Centre

Barlow Road, Staveley, Chesterfield S43 3XR

[www.chesterfield.gov.uk/healthylivingcentre](http://www.chesterfield.gov.uk/healthylivingcentre)

Tel: 01246 345666



## Healthy Living Centre Studio Timetable

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INVESTOR IN PEOPLE



# Studio Timetable



• Studio 1 • Studio 2

COLOUR CODING RELAXATION & STRETCHING CLASS HIGH CALORIE BURNING CLASSES DANCE CLASSES CONDITIONING & TONING

Day	10.00am – 11.00am	11.00am – 12.00am	12.00noon – 1.00pm	1.00pm – 2.00pm	2.00pm – 3.00pm	3.00pm – 4.00pm	4.00pm – 5.00pm	5.00pm – 6.00pm	6.00pm – 7.00pm	7.00pm – 8.00pm	8.00pm – 9.00pm
<b>Monday</b>	Inspire Pilates STUDIO 1 & 2	Inspire Dance Mix Aerobics STUDIO 1 & 2	Inspire L.B.T STUDIO 1 & 2						Inspire Indoor Cycling STUDIO 1	Inspire Street Dance STUDIO 1 & 2	Inspire Yoga STUDIO 1 & 2
<b>Tuesday</b>	Inspire Indoor Cycling STUDIO 1	Inspire Fitball STUDIO 2	Inspire Body Combat Clinic STUDIO 1 & 2	Inspire Body Combat STUDIO 1 & 2	Inspire Body Combat STUDIO 1 & 2	Inspire Body Pump Class STUDIO 1 & 2	Inspire Dance Mats Adults STUDIO 1 & 2	Inspire Step STUDIO 1 & 2	Inspire Step STUDIO 1 & 2	Inspire Body Pump STUDIO 1 & 2	Inspire Yoga STUDIO 1 & 2
<b>Wednesday</b>	Inspire Full Body Workout STUDIO 2	Inspire Stretch & Tone STUDIO 1 & 2					Inspire Musical Theatre Class 4-7 YRS STUDIO 1 & 2	Inspire Musical Theatre Class 8-11 YRS STUDIO 1 & 2	Inspire Indoor Cycling STUDIO 1	Inspire Aerobics Hi/Lo STUDIO 1 & 2	Inspire Step STUDIO 1 & 2
<b>Thursday</b>	Inspire Mature Aerobics STUDIO 1 & 2	Inspire Body Combat Clinic STUDIO 1 & 2	Inspire Body Combat STUDIO 1 & 2	Inspire Body Pump Class STUDIO 1 & 2	Inspire Body Pump Class STUDIO 1 & 2		Inspire Dance Salsa STUDIO 1 & 2	Inspire Dance Salsa STUDIO 1 & 2	Inspire Dance Salsa STUDIO 1 & 2	Inspire Body Combat STUDIO 1 & 2	Inspire Fitball Core Stability STUDIO 1 & 2
<b>Friday</b>	Inspire Indoor Cycling STUDIO 1	Inspire Step Basic STUDIO 1 & 2				Inspire Yoga STUDIO 1 & 2			Inspire Pilates STUDIO 1 & 2	Inspire Boxercise Curcuit STUDIO 1 & 2	
<b>Saturday</b>	Inspire Fitball STUDIO 2	Inspire Dance Mats 11-15 YRS STUDIO 1	Inspire Hoola-hoops STUDIO 1 & 2	Inspire Family Dance mats STUDIO 1 & 2	Inspire Family Dance mats STUDIO 1 & 2	<b>COMING SOON</b>			Inspire Street Dance 6-11 YRS STUDIO 1 & 2	Inspire Body Pump Clinic STUDIO 1 & 2	Inspire Body Pump Class STUDIO 1 & 2
<b>Sunday</b>	Inspire Step STUDIO 1 & 2	Inspire Indoor Cycling STUDIO 1 & 2	Inspire L.B.T STUDIO 1 & 2			Inspire Yoga STUDIO 1 & 2	Inspire Family Dance Mats STUDIO 1	<b>COMING SOON</b>	Inspire Body Combat Clinic STUDIO 1 & 2	Inspire Body Combat STUDIO 1 & 2	

**Mature Aerobics** - A class suitable for the older age group consisting of Aerobics, Conditioning and a series of stretches and Relaxation to complete a perfect workout.

**Aerobics hi/lo** - A great 1 hr Aerobic workout with a mix of hi/lo intensities to improve cardiovascular fitness, followed by all over body shaping & 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 system through correct breathing techniques.

**Pilates** - A Mat work class suitable for all. The exercises are designed to lengthen and strengthen muscles, improve posture, balance, flexibility and core stability.

**Fitball** - A toning class using the stability ball for an all over effective workout.

**Indoor cycling** - Based in the studio these cycle classes give the cardiovascular system a thorough workout whilst providing an invigorating and intense muscular blast for the lower body.

**L.B.T** - Legs, Bums, and Tums. An all over body resistance workout, or just concentrating on the lower body. Excellent way to tone & sculpt.

**Step Class** - This class is a fun cardiovascular workout that uses the step. It provides a great workout for fat burning and improving your co-ordination. This class does contain choreography to follow.

**Street Dance** - This class is a great cardiovascular workout. Learn the latest moves. So if you want to strut your stuff like Justin and shimmy like Shaker then this may be the class for you. This contains lots of choreography. ADULTS

**Beginners Step** - This class is a fun cardiovascular workout that uses the step. Improving co-ordination and learning the basic moves.

**Aerobics dance** - A great workout based on choreography and aerobic moves. Challenge yourself!

**Body Combat** - A class that will raise intensity and fitness levels and kick fat and cholesterol levels down where it belongs! Its high energy and fun!

**Inspire Taster session** - This will be a session for you to know exactly what we have on offer for the studio! If it's Step, Aerobics or something completely different this session will give you the chance to have ago!

**Dance Mats** - Co-ordination time! Have a work-out on our latest dance mats! Think you can dance? Now's the time to prove it! Specialised classes for kids and adults.

**Stretch & Tone** - All over conditioning class that works all the muscles, followed by stretching and relaxation.

**Hoola-Hoop Classes** - It's a great way to burn calories and strengthen muscles, especially core muscles. Come and try you'll love it!

**Dance Salsa** - From the sexy salsa to the cheeky cha cha cha. This class fuses various Latin dance styles with contemporary choreography to produce a high -energy aerobic workout.

The spicy rhythm's of traditional & modern Latin music creates a truly uplifting class! No partner work.

**Body Combat Clinic** - A 30 minutes session for you to learn all the special moves for a fantastic energised Body Combat fun class!

**Body Pump** - Is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

**Body Pump Clinic** - This is a 15minutes class that shows you the techniques required for Body-pump. Learn all the moves and develop a clear insight into BODY-PUMP.

**Musical Theatre Class** - Ages 4 and 7 years old. Young children are taught basic movement, counting, an introduction to rhythm awareness, and how to listen to music. They also learn class etiquette and how to "work" as part of a group.

**Musical Theatre Class** - Ages 8 and 11 years old. Young children are taught basic movement, counting, an introduction to rhythm awareness, and how to listen to music. They also learn class etiquette and how to "work" as part of a group

**Boxercise Circuit** - An exciting and different workout to music based on a boxing circuit. This class is suitable for all levels and improves physique and general fitness.

**Street Dance** - This class is a great cardiovascular workout. Learn the latest moves. So if you want to strut your stuff like Justin and shimmy like Shaker then this may be the class for you. This contains lots of choreography. Ages 4-6 yrs

**Street Dance** - This class is a great cardiovascular workout. Learn the latest moves. So if you want to strut your stuff like Justin and shimmy like Shaker then this may be the class for you. This contains lots of choreography. Ages 6-11

