

Body MOT Healthchecks

An intensive FREE health check that takes just 20 minutes.
A new initiative as part of Active Bassetlaw's health and fitness scheme.

Worksop Leisure Centre

Saturday 24th January 9.00am-1.00pm

Bircotes Leisure Centre

Thursday 29th January 4.00pm-7.00pm

Retford Leisure Centre

Saturday 31st January 9.00am-1.00pm



Annual Membership

Payable Monthly by Direct Debit

Gym & Swim Junior £13.00

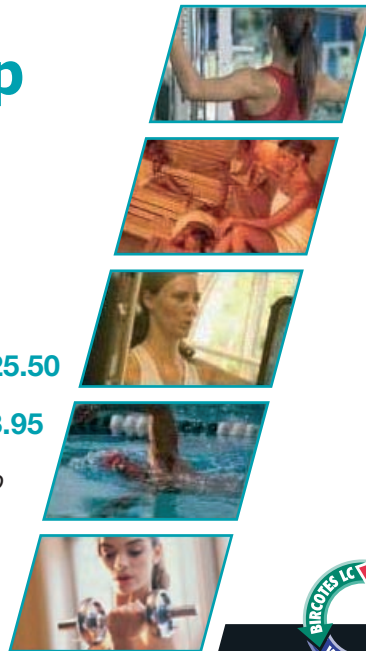
Gym & Swim Unlimited £22.50

Gym & Swim Off Peak £19.50

Gym, Swim & Fitness Classes Single £25.50

Gym, Swim & Fitness Classes Joint £43.95

Memberships to Bircotes, Retford and Worksop Leisure Centres from less than 65p per day.



For more information please check www.bassetlaw.gov.uk



Feeling the Pinch?

What's on at

RETTFORD Leisure Centre

Flexible memberships for less than 70p a day!



Anyone who thinks that unlimited access for that price isn't good value must be bonkers

Gym Member

more people... more active... more often



BASSETLAW
DISTRICT COUNCIL
NORTH NOTTINGHAMSHIRE



Fitness Classes

Pool Timetable

Day	Time	Activity
Monday	8.15am-9.00am	Aqua-Aerobics
	9.15am-10.00pm	Tai-Chi
	10.15am-11.15am	BodyMax
	11.15am-12.00noon	Pilates
	5.15pm-6.00pm	Aerobiking
	6.00pm-7.00pm	Boxercise
	6.30pm-7.30pm	Circuit Training
	7.15pm-8.00pm	Pilates
Tuesday	9.15am-10.00am	Aerobiking
	10.00am-12.00am	Step To It Walks (outdoors)
	10.15am-11.00am	Pilates
	11.00am-11.45am	Chair Based Exercise
	1.30pm-2.30pm	Tai-Chi
	5.15pm-6.00pm	Aerobiking
	6.00pm-7.00pm	Pump FX
	6.00pm-7.30pm	Yoga
7.00pm-8.00pm	Aerobics	
Wednesday	10.00am-11.30am	50+ Young At Heart
	2.00pm-3.00pm	Cadiac Rehab
	5.00pm-6.00pm	Swiss Balls
	6.00pm-7.00pm	High Heel Latino
	6.00pm-6.45pm	Aerobiking
	7.00pm-7.45pm	Aerobiking
Thursday	11.45am-12.30pm	Aqua-Aerobics
	12.45pm-1.30pm	Pilates
	1.30pm-3.00pm	Yoga
	5.15pm-6.00pm	Aerobiking
	6.15pm-7.00pm	Aerobiking
	6.00pm-7.00pm	Boxercise Circuit (5th Feb onwards)
Friday	10.00am-11.00am	Aerobics
	11.00am-11.45am	Pilates
	5.15pm-6.00pm	Aerobiking
	6.15pm-7.00pm	Aerobiking
Sunday	10.00am-11.00am	Aerobiking
	11.00am-12.30pm	Tone Up with T-Bow and Swiss Balls

Day	Time	Activity
Monday	8.15am-9.00am	Aqua-Aerobics
	12.30pm-1.30pm	Laned Swim
	5.45pm-7.30pm	Public Swimming
	7.30pm-8.00pm	Laned Swim
	8.15pm-9.00pm	Aqua-Aerobics
Tuesday	7.00am-8.45am	Early Morning Swim
	12.30pm-1.30pm	Laned Swim
	5.45pm-7.00pm	Public Swim
	7.00pm-8.00pm	Laned Swim
	8.00pm-9.00pm	Ladies Only
9.00pm-10.00pm	Swim Fit	
Wednesday	7.00am-8.45am	Early Morning Swim
	11.30am-12.00noon	50+ Swim
	12.00pm-1.30pm	Laned Swim
Thursday	7.00am-8.45am	Early Morning Swim
	11.45am-12.30pm	Aqua-Aerobics
	12.30pm-1.30pm	Laned Swim
	5.45pm-7.30pm	Public Swimming
	7.30pm-9.00pm	Laned Swim
	9.00pm-10.00pm	Relaxation Swim
Friday	7.00am-8.45am	Early Morning Swim
	11.30am-12.30pm	Aquanatal
	12.30pm-1.30pm	Laned Swim
	5.45pm-6.30pm	Public Swimming
6.30pm-8.15pm	Laned Swim	
Saturday	1.30pm-2.30pm	Fun Swim
	2.30pm-3.30pm	Public Swimming
	3.30pm-4.30pm	Laned Swim
Sunday	8.00am-9.00am	Adults Only
	9.00am-11.00am	Public Swimming
	11.00am-12.00noon	Laned Swim
	2.00pm-3.30pm	Fun Swim
	3.30pm-4.30pm	Laned Swim
	5.30pm-6.30pm	Swim Fit