

Retford Leisure Centre Fitness Programme

play sport stay safe



For more information call
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www.bassetlaw.gov.uk



Updated
April 2009



BASSETLAW
DISTRICT COUNCIL
NORTH NOTTINGHAMSHIRE



Fitness Studio Programme

UPDATED APRIL 2009

Mon	AquaFit 8.15am-9.00am	Body Max 10.15am-11.15am	Pilates 11.15am-12.00noon	Pump FX* 12.00pm-1.00pm			Aerobiking* 5.15pm-6.00pm	Boxercise 6.00pm-7.00pm	Circuit Training 6.30pm-7.30pm	Pilates 7.15pm-8.00pm	AquaFit 8.15pm-9.00pm	Pump FX* 8.00pm-9.00pm
Tue	Aerobiking* 9.15am-10.00am	Step to it Walks 10.00am-12.00noon	Pilates 10.15am-11.00am	Chair Based Exercise 12.45pm-1.30pm	Tai-Chi 1.30pm-2.30pm		Aerobiking* 5.00pm-6.00pm	Pump FX* 6.00pm-7.00pm	Yoga (Beginner) 6.00pm-7.15pm	Aerobics 7.00pm-8.00pm	Yoga (Advanced) 7.15pm-8.30pm	Pump FX* 8.00pm-9.00pm
Wed	Young at Heart 10.00am-11.30am	Cardiac Rehab 2.00pm-3.00pm					Swiss Balls 5.00pm-6.00pm	Latino Aerobics 6.00pm-7.00pm	Aerobiking* 6.00pm-6.45pm	Aerobiking* 7.00pm-7.45pm		
Thu	AquaFit 11.45am-12.30pm	Pilates 12.45pm-1.30pm	Yoga 1.30pm-3.00pm				Aerobiking* 5.15pm-6.00pm	Aerobiking* 6.15pm-7.00pm	Boxercise Circuit 6.00pm-7.00pm			
Fri	Aerobics 10.00am-11.00am	Pilates 11.00am-11.45am	Chair Based Exercise 12.45pm-1.30pm	Pump FX* 1.30pm-2.30pm			Aerobiking* 5.15pm-6.00pm	Aerobiking* 6.15pm-7.00pm				
Sun	Aerobiking* 10.00am-11.00am	Tone Up* with T-Bow and Swiss Balls 11.00am-12.30pm					Pump FX* 5.00pm-6.00pm					

Please book any classes with a * in advance due to limited spaces

Water Based

Relaxation/ GP Referral

Core Strengthening

Dance Based

Calorie Burn

With over 30 dedicated fitness classes and over 100 unlimited hours available in the fitness suite each week. Our fitness programme offers an unrivalled level of choice whatever your ability. In addition to our full fitness programme several centre-based groups operate from the centre, each aiming to improve opportunities to participate in physical activity as a means improving health and well being amongst our customers.

All classes are taught by fully qualified instructors. Our Instructors are also available to recommend as to the appropriate class to suit your individual needs, whatever your age or level of ability. Here is a sample of some of our most popular classes. Please contact reception for further details.

Activities

Aerobics	A range of high and low impact structured moves to music, designed to improve cardiovascular fitness.
Aerobiking	A studio based cycle class performed to pumping motivational music designed to burn calories and improve cardiovascular fitness.
AquaFit	A low impact workout to music in the pool. The water supports your body's weight and is ideal for anyone suffering from joint related problems. Also suitable for non-swimmers.
Body Max	The Body Max session aims to strengthen, tone and define every major muscle group through aerobic exercise and free weights.

Boxercise	A session focussing on aerobic workout using boxing moves and techniques without the physical contact. All equipment provided.
Fit Fifties	An aerobics session especially for the young at heart who want to enjoy low impact conditioning exercise. Optional multi activity morning including tea & coffee afterwards.
Latino Aerobics	Funky and easy dance steps designed to give an all round workout while wearing high heels!
Pilates	Pilates exercises body awareness improving posture, flexibility and strength as well as reducing stress levels.
Pump FX	Featuring the biggest muscle mash routines and set to some truly floor shaking tracks, Pump FX raises the bar when it comes to resistance training programme perfection in the studio.

Swiss Balls	Taking part in a swiss ball session pushes your body through a wide range of positions helping to develop your core strength.
T-Bow	Build your strength, coordination and balance with the T-Bow. A unique fitness workout using a special double sided board and stretching bands.
Yoga	Yoga is an exercise which is a combination of breathing exercises, physical postures and meditation.
Ladies Morning	Body Max and Pilates are two ladies only sessions you can get for a special low price, which also includes a laned swim.

Fitness Studio



TECHNOGYM

The Wellness Company™

The gym at Retford Leisure Centre is equipped with state of the art equipment supplied by Technogym. This equipment includes the integrated Wellness System offering you the best workout programmes and reviews using data stored by your Wellness Key. Our Cardio Theatre System offers you a wide variety of choice when it comes to your gym entertainment, whether its one of the four TV's, where you can watch breaking news, soaps or live sports, or the 2 radio stations, there is something for everyone.

- Over 100 hours of access available each week
- Qualified staff available for your assistance
- GP referral, 'Go For Fit' scheme available
- Latest Technogym equipment
- Loose weights
- Fully air-conditioned room
- Integrated Wellness system touch screen technology
- Cardio Theatre
- Personal Training available
- Memberships available from under 65p per day (43p) for Juniors

Fitness Studio Opening Times

Monday-friday: 6:00am-10:00pm

Saturday: 8:00am-8:00pm

Sunday: 8:00am-10:00pm

Junior Fitness Studio Access

Junior members have access to the gym between 3.30pm and 6.00pm weekdays, and all day at weekends plus extended hours during holidays.

Last entry for the Fitness Studio is one hour prior to the closing time.

GP Referral co-ordinator available Monday to Friday.



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

Bassetlaw-Serving North Nottinghamshire