

Things you need to know

Session Prices

With Leisure Card £4.40

Without Leisure Card £4.90

Centre Opening times

6.30am - 10.00pm Monday, Wednesday, Friday (9.30pm close)

7.30am - 10.00pm Tuesday, Thursday

8.00am - 5.00pm Saturday, Sunday

Admission to an aerobics session after the warm up period has taken place may not be permitted. This is to safeguard against injury.

Please note all classes are included in our Leisure membership package. Classes can be booked up to 7 days in advance by customers. Customers who 'Pay as they go' are required to pay for their class upon booking.

Junior Gym

Specialised supervised gym training sessions for children aged 14 to 16 years old. Just £2.15 per visit, with a leisure card. £2.65 without. Induction and Technogym Wellness Key is required, Induction £1.70 with a leisure card, £2.20 without a leisure card. Technogym Key £10.00 (Non refundable)

Session times are

Tuesday 3.30pm - 5pm

Saturday 1.00pm - 3.00pm

Sunday 10.00am - 12.00noon

Additional sessions during Derbyshire school holiday,

Monday 1.00pm - 3.00pm

Wednesday 10.00am - 12.00noon

Friday 1.00pm - 3.00pm

*Call the centre to book an induction
or for more information.*

 **Rutland Sports Park**
Culture & Leisure Services

www.erewash.gov.uk



Workout Timetable

April 2011



Exercise Class Timetable

Spring / Summer 2011

Fully booked

Monday
6.00pm - 7.15pm
12 Week Weight Loss Course
 Tennis Centre M
 (Places strictly limited to members only.
 Book at reception)

7.15pm - 8.00pm
Tums, Bums, and Thighs
 All Abilities
 Tennis Centre M£

Tuesday
10.00am - 10.30am
Core Stability
 Low Impact
 Wellness Centre M

6.00pm - 6.45pm
Pilates
 All Abilities
 Golf Pavilion M£

7.00pm - 8.00pm
Gym Circuit
 All Abilities
 Wellness Studio M£

Wednesday
6.00pm - 7.00pm
Zumba
 All Abilities
 Tennis Centre M£

6.30pm - 7.30pm
Boot Camp (Commence 6th April)
 All Abilities
 Cricket Field M£

Thursday
9.30am - 10.30am
Strollersize
 All Abilities
 Planned Routes £

10.30am - 11.15am
Pilates
 All Abilities
 Tennis Centre M£

6pm - 6.45pm
Total Body Toning (Commence 5th May)
 All Abilities
 Tennis Centre
 From 5th May

7.00pm - 8.00pm
Gym Circuit
 All Abilities
 Wellness Studio M£

Friday
5.30pm - 6.00pm
Abs Attack
 All Abilities
 Wellness Studio M

6.00pm - 7.00pm
Circuit Mania
 All Abilities
 Tennis Centre M£

Saturday
10.00am - 10.45am
Express Gym Circuit
 All abilities
 Wellness Studio M

The timetable is subject to change without notice.

Please book your place prior to the class at reception, Or call 01159 302033 with your membership number.

Pay as you go customers must pay for their class upon booking.

Class Descriptions



Pilates £M

Focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. In particular, Pilate's exercises teach awareness of breath and alignment of the spine and aim to strengthen the deep torso muscles.

Gym Circuit £M

Based in the Wellness Suite, a high intensive, high impact and energetic class using gym equipment. You'll need an induction to the gym before doing this class.

Boot Camp £M

An intense workout based outside on the cricket field: shuttle runs, press ups, tyre pulling, plyometrics, commando crawl, wheel barrows and donkey carrying – Not for the feint hearted

Tums Bums & Thighs M

For those troublesome areas, specific exercise to help tone and shape your middle!

Circuit Mania £M

A dynamic solution to body conditioning, high energy circuits using medicine balls, hand weights, skipping ropes etc.

Abs Blast & TTB M

A 30 minute intense workout targeting those specific troublesome areas. **Target Toning M** 30 minute workshop specific on free weights, improve your technique & learn new exercises.

Express Gym M

Based in the Wellness Suite, 45minute high intensive, high impact and energetic class using gym equipment. You'll need an induction to the gym before doing this class.

Zumba £M

Latino rhythms, Easy to follow moves, Tone and sculpt your body.

Free Weights Workshop M

Technique and advice on using Free Weights.

Strollercise £ (£1.50 per person)

For new mums and dad's. Various exercises, involving your child's buggy. Walking, squats, lunges.

M = These classes are free to all Direct Debit members

£ = These classes are available to non members

YOU CAN BOOK YOUR PLACE UP TO 7 DAYS IN ADVANCED.
 Call reception on: 0115 9302033