

Go! Move

Classes Timetable



High Street, Clowne S43 4JY
www.goactive.org.uk



BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts.

BODYBALANCE™ is a yoga-based class where you will bend and stretch through a series of simple yoga moves that will improve your mind, your body and your life.

“Just want to say what an amazing Core Class you deliver.”

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. Release stress, have a blast and feel like a champ.

BODYPUMP™ uses light to moderate weights with lots of repetition and gives you a total body workout.

Bounce is performed on mini trampolines and is a fun exercise with choreographed dance routines.

Circuits is an excellent way to improve mobility, strength and stamina. It comprises of a number of strength and cardio vascular exercises that are completed one exercise after another.

Core Class is a 30-minute high intensity workout aimed at the body's core.

CXWORX is a 30-minute workout that helps you exercise your muscles around the core and also get in some hip, butt and lower back exercises.

Family Train is a chance for the whole family to train in an instructor led session for ages 5 upwards.

Fitness Yoga is a routine in which you can meditate by focusing on your breathing and relaxing all of your muscles.

Five:60 is aimed at 7-11 year olds who can take part in a variety of games and activities.

High Intensity Interval Training (HIIT) combines short, high intensity bursts of exercise, with slow, recovery phases.

Kettlebells is a total body workout that combines power and strength to build stamina and total body strength.

Legs, Bums and Tums (LBT) is a low impact aerobic workout designed to tone up your hips, thighs, bottom and stomach.

Low Impact Circuit training takes you through a series of moves each performed for about one minute with little or no rest between exercises.

Pilates is an exercise that focuses on balance, posture, strength and flexibility. It's suitable for people of all ages and fitness levels.

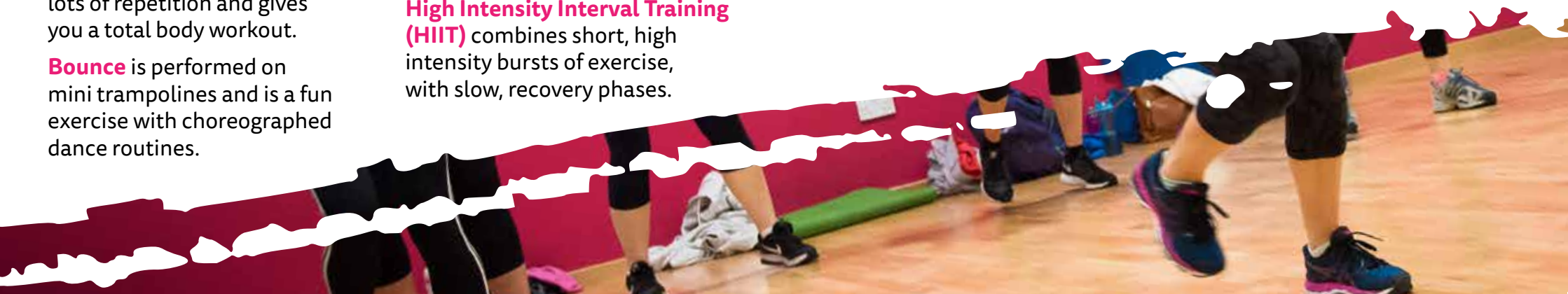
RPM™ is an indoor cycling workout where you control your own resistance and speed levels and ride to the rhythm of powerful music.

SH'BAM™ is a fun-loving, insanely addictive dance workout. With no dance experience required, all you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

Sprint is a 30-minute cycle workout that uses High Intensity Interval Training (HIIT) that helps you smash your goals faster.

Teen Fit is aimed at 11-15 year olds and includes classes on aerobics, flexibility, strength and endurance to keep you fit and healthy.

“All the classes are fab and really well run. Instructors are all really enthusiastic and welcoming.”





Monday

Time	Class
06:30 - 07:30	Body Pump
07:30 - 08:00	CX Worx
07:30 - 08:00	Sprint
10:00 - 11:00	Fitness Yoga
10:00 - 10:30	Bounce Fit
10:00 - 11:00	RPM (V)
10:30 - 11:00	Bounce Fit
11:00 - 12:00	Body Pump
12:00 - 13:00	RPM
<p>“Really enjoying the Bounce Fit and Body Attack classes. Fab instructors.”</p>	
12:30 - 13:30	Sh'bam (V)
13:00 - 14:00	Pilates
14:00 - 15:00	Body Combat (V)
14:00 - 15:00	Low Impact Circuits
14:00 - 15:00	RPM (V)
16:00 - 17:00	Teen Fit
16:00 - 17:00	RPM (V)
18:00 - 19:00	Body Pump
18:00 - 19:00	Legs, Bums & Tums
18:00 - 19:00	RPM
19:00 - 20:00	Kettlebells
19:00 - 20:00	RPM
20:00 - 21:00	Fitness Yoga

Tuesday

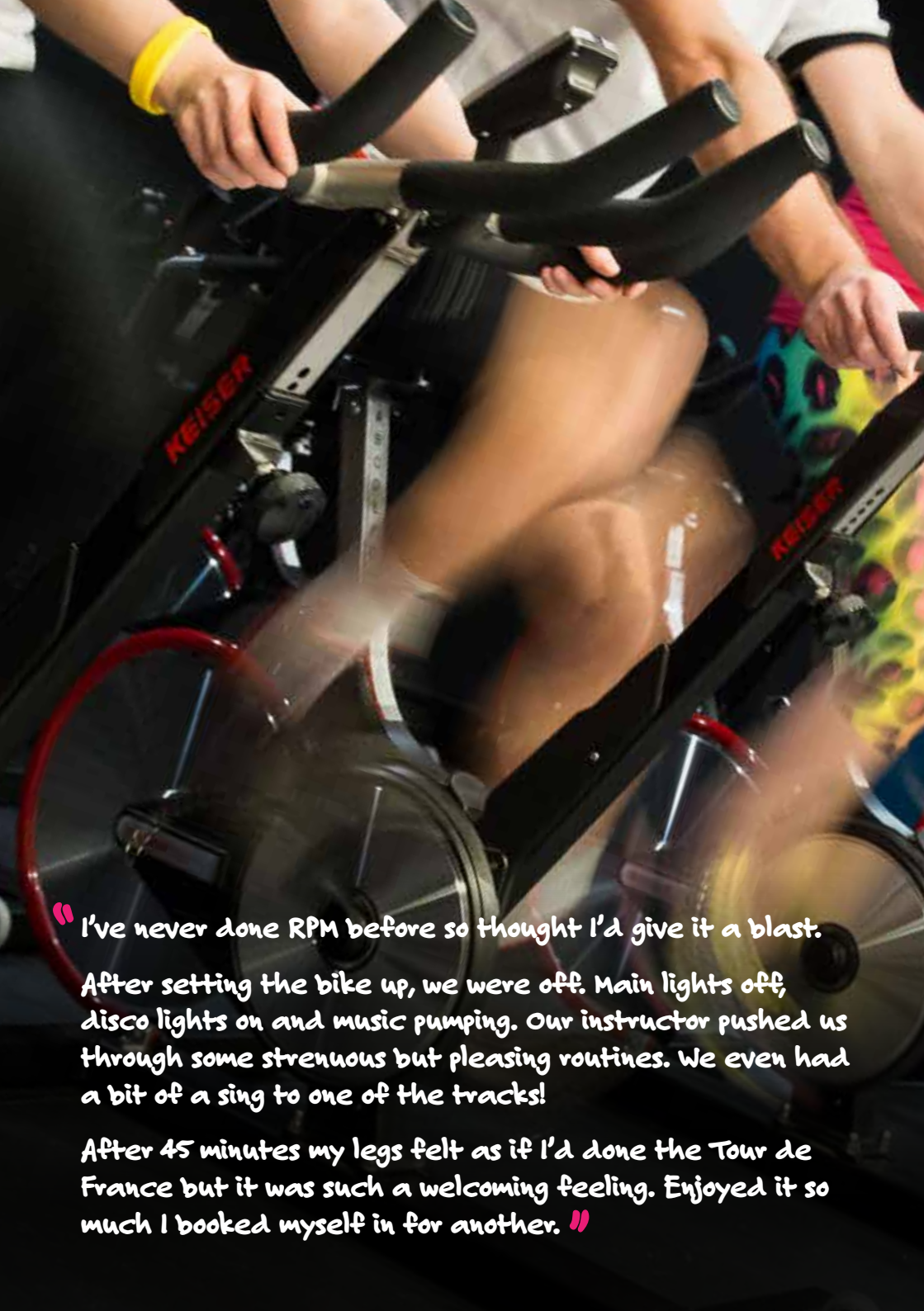
Time	Class
06:15 - 06:45	Sh'bam (V)
06:30 - 07:30	RPM (V)
07:30 - 08:30	Body Combat (V)
09:00 - 10:00	Body Balance (V)
09:30 - 10:00	Bounce Fit
09:30 - 10:30	RPM (V)
10:00 - 10:30	Bounce Fit
10:30 - 11:30	Body Pump
10:30 - 11:30	Legs, Bums & Tums
12:00 - 13:00	Body Combat (V)
12:00 - 13:00	RPM
13:30 - 14:30	RPM (V)
14:00 - 15:00	Body Balance (V)
15:30 - 16:30	Sh'bam (V)
15:30 - 16:30	RPM (V)
16:00 - 17:00	Five: 60
17:00 - 18:00	Pilates
18:00 - 19:00	Body Pump
18:00 - 19:00	Circuits
18:00 - 19:00	RPM
19:00 - 20:00	RPM
19:15 - 20:15	Body Attack
19:30 - 20:30	Fitness Yoga
20:15 - 20:45	CX Worx
20:15 - 20:45	RPM (V)

Wednesday

Time	Class
06:15 - 06:45	Body Balance (V)
07:00 - 07:30	CX Worx (V)
07:30 - 08:00	Sprint
08:30 - 09:30	RPM (V)
10:00 - 11:00	Body Pump
10:00 - 11:00	RPM (V)
11:15 - 11:45	CX Worx
12:00 - 13:00	RPM
12:30 - 13:30	Body Balance (V)
14:00 - 15:00	Low Impact Circuits
14:00 - 15:00	RPM (V)
14:00 - 15:00	Body Pump (V)
16:00 - 17:00	Teen Fit
16:00 - 17:00	RPM (V)
17:00 - 17:45	Family Train
17:30 - 18:00	Bounce Fit
18:00 - 19:00	RPM
18:00 - 19:00	Legs, Bums & Tums
18:00 - 18:30	CX Worx (V)
19:00 - 20:00	Pilates
19:00 - 20:00	Body Pump
20:00 - 21:00	RPM (V)
20:15 - 21:00	Sh'bam (V)

Thursday

Time	Class
06:15 - 07:15	Body Pump (V)
06:30 - 07:30	RPM (V)
06:30 - 07:00	HIIT Class
07:00 - 07:30	Bounce Fit
07:30 - 08:30	Body Balance (V)
08:00 - 09:00	RPM (V)
09:30 - 10:30	Body Combat (V)
10:00 - 11:00	RPM (V)
11:00 - 12:00	Fitness Yoga
12:00 - 13:00	Body Pump
12:00 - 13:00	HIIT Class
13:30 - 14:00	CX Worx (V)
14:00 - 15:00	Low Impact Circuits
14:00 - 15:00	RPM (V)
15:00 - 16:00	Sh'bam (V)
16:00 - 17:00	Five:60
16:30 - 17:30	Body Combat (V)
18:00 - 19:00	Fitness Yoga
18:00 - 19:00	RPM
18:00 - 19:00	Body Pump
19:00 - 20:00	Core Class
19:00 - 20:00	RPM
19:15 - 20:15	Body Attack
20:00 - 20:30	Sprint
20:15 - 20:45	CX Worx



“I’ve never done RPM before so thought I’d give it a blast.

After setting the bike up, we were off. Main lights off, disco lights on and music pumping. Our instructor pushed us through some strenuous but pleasing routines. We even had a bit of a sing to one of the tracks!

After 45 minutes my legs felt as if I’d done the Tour de France but it was such a welcoming feeling. Enjoyed it so much I booked myself in for another.”

Friday

Time	Class
06:00 - 06:30	Body Combat (V)
06:30 - 7:00	HIIT Class
07:00 - 07:30	CX Worx (V)
07:00 - 07:30	Bounce Fit
07:00 - 08:00	RPM
08:00 - 09:00	Body Balance (V)
10:00 - 11:00	Low Impact Circuits
10:00 - 11:00	RPM (V)
11:30 - 12:30	Pilates
12:00 - 13:00	Body Pump
12:00 - 13:00	RPM (V)
13:30 - 14:30	Body Combat (V)
13:30 - 14:00	Sprint
14:30 - 15:30	RPM (V)
15:00 - 16:00	Body Balance (V)
16:00 - 17:00	Teen Fit
18:00 - 19:00	Kettlebells
18:00 - 19:00	RPM
18:00 - 18:30	CX Worx (V)
19:00 - 20:00	Body Pump
19:00 - 19:45	Core Class
19:15 - 20:15	RPM (V)
20:15 - 20:45	Body Balance (V)
20:15 - 20:45	RPM (V)

Saturday

Time	Class
08:30 - 09:15	Sh’bam (V)
09:30 - 10:00	CX Worx (V)
09:30 - 10:30	RPM
10:30 - 11:00	Sprint
10:30 - 11:30	Body Pump
12:00 - 13:00	Fitness Yoga
12:00 - 13:00	RPM (V)
12:30 - 13:30	Sh’bam (V)
14:00 - 15:00	Body Balance (V)
14:00 - 15:00	RPM (V)
15:30 - 16:30	Body Combat (V)
16:00 - 17:00	RPM (V)

“Love the Bounce Fit class. Instructors who take the classes are amazing.”

Sunday

Time	Class
08:30 - 09:30	Body Pump (V)
09:00 - 10:00	RPM (V)
10:00 - 11:00	Body Pump
11:00 - 12:00	Fitness Yoga
11:00 - 12:00	RPM
11:15 - 12:15	Body Attack
12:15 - 12:45	CX Worx
13:00 - 14:00	RPM (V)
13:30 - 14:30	Body Combat (V)
15:00 - 16:00	Sh’bam (V)
15:00 - 16:00	RPM (V)

Virtual classes (marked with a V on the timetable) are undertaken by an instructor on a large screen who talks you through the class and gives you instructions on what to do - just like an instructor is in the room with you.

Please make sure you attend classes 10 minutes prior to them starting so you can 'learn the moves' and be told the health and safety information.

Places for classes can be booked up to seven days in advance.

Members - please use either the mobile app, members portal or telephone 01246 242 365 and **non-members** - please telephone 01246 242 365. Please note that classes aimed at anyone aged 15 years and below can only be booked either in person at reception or by telephoning 01246 242 365.

The cost for each class is as follows:

365 members and **single inclusive** members receive classes as part of their membership.

Swim only, **gym only** and **non-members** they cost £5 per class or £4 per class for concessions.

We Speak Your Language

Polish

Mówimy Twoim
językiem

Slovak

Rozprávame Vaším
jazykom

Chinese

我们会说你的语言

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