

## Class descriptions and information

**Ladies Kickboxing with Jon Jepson Blackbelt Academy.**  
**Wednesdays 7pm to 8pm at Jon Jepson Blackbelt Academy, Haslams Lane, Darley Abbey.**

**Fridays 6:30pm to 7:30pm Springwood Leisure Centre.**

**Sundays 1pm to 2pm at Heatherton Community Centre.**

This is a total body work out it increases stamina, flexibility, and strength. Kickboxing combines elements of boxing, martial arts and aerobics to provide overall physical conditioning and toning. **Please call Nikki for more information on 07884 236569.**

### **Shaftesbury Sports Centre**

**Gym for women only on Fridays 10am to 12pm and Sunday 4pm to 6pm. Price: £2.80**

**Aerobics for women only on Sundays at 6pm to 7pm and Mondays at 7pm to 8pm**  
**Price: £2.80**

A heart and lung workout combining high and low impact moves that are fun and effective. Great for fat burning.

**Netball for women only aged 16 years and above on Fridays at 6pm to 8pm.**

**Price: £3.55, Passport to Leisure £3.25**

### **Springwood Leisure Centre**

**Womens activity morning, every Tuesday and Fridays.**

**9:30am to 10:30am** Cardio crunch class. A fat burning aerobic workout that includes core conditioning to sculpt your stomach and strengthen your lower back.

**10:30am to 11:30am.** Choose between squash and Badminton. **Price: £2.90, £2.60 Passport to Leisure. Please call centre for more information on 01332 664433. Free to Workout and Swim and Gym, Workout and Swim Goldcard customers.**

### **Queen's Leisure Centre**

**Swim for women and girls, on Sundays at 2.15pm to 3.15pm at Queen's Leisure Centre. Price: £2.60, Concessionary £1.90**

A public session for all women and girls, with female lifeguards on site for all sessions. Galas may effect classes; please call centre for information on 01332 716620.

**Any children under 8 years has to be accompanied by an adult. One adult to two children under the age of 8 years old. For more information contact Queen's Leisure Centre on 01332 716620. No booking required.**

**Women only swim on Tuesdays, Wednesday 7:30am to 9:15am**

**Women only swim Mondays 12pm to 1:15pm**

**Women and Toddler Swim, Teaching Pool 12:15pm to 1:15pm**

### **Learn to swim for women only 13 week course**

If you have never learnt to swim, are nervous in the water and want to be in a women only environment the women only lessons can help you become more confident and give you skills to enjoy this fun activity.

### **Gym for women only**

**Mondays and Thursdays 11am to 12pm**

## Class descriptions and information

**Self defence for girls, Mondays, 6pm to 6:45pm, at St James' Centre, Malcolm Street, Normanton. Places available for 8 to 13 years. Price: £1.85**

This class aims to increase confidence and personal safety. Keep fit whilst having fun. **During school half term this activity will not take place.**

**Self defence for women, Mondays, 6:45pm to 7:30pm, at St James' Centre, Malcolm Street, Normanton. Places available for 14 years and above. Price: £2.40, under 16 years £1.85.**

The classes aim to increase confidence and decrease fear of attack, whilst giving you more choices in dealing with dangerous or intimidating situations. You could gain your first belt in kick boxing after 12 weeks into the course.

**During school half term this activity will not take place.**

**Introduction to Keep Fit Aerobics and Exercise for Women only aged 16 years and above, on Tuesdays, 9.30am to 10.45am, at Peartree Junior School, Peartree Street. and on Wednesdays, 9.45am to 11am, at St Augustine's Community Centre, Almond Street, Normanton. Price: £2.80. Crèche places are available to book. Price: £1.50.**

A 12 week introduction course in Physical Activity and Exercise where you will learn about the benefits of being active and how you could fit exercise into your daily life. You will have the opportunity to get involved in a six week challenge to monitor your activity levels. **During school half term this activity will not take place.**

**Mobile Gym for Women only aged 16 years and above with some places available for girls 14 to 16 year olds. Wednesdays 6.30pm to 7.30pm, at the Pakistan Community Centre, Harrington Street, Peartree. Price: £2.80, under 16 years £2.65**

If you want to exercise but feel intimidated by going to a gym, can't get to a gym or struggle to find something suitable for your cultural or religious need, the Pakistan Centre are offering a one hour mobile gym session for women only, with a female instructor.

**Bollywood Dancercise classes for Women and Girls aged 11 years and above, on Wednesdays, 7.30pm to 8.30pm, at Normanton Park Community Centre, Warrick Avenue, Normanton. Surtal Members: £2, Non-Members: £3**

Fusing together Classical, Bhangra and Hip-hop dance movements, the vivid colour and liveliness of Bollywood comes alive in the Bollywood Dancercise classes for women and girls. **To book your place contact: Gopa Nath 01332 720730/07886674558 mantu3@hotmail.co.uk/info@surtal.co.uk**

**Pilates for women only aged 16 years and above, on Tuesdays, 6:15pm to 7:15pm, at Peartree Junior School, Peartree Street. Price: £3 or £27 if 10 sessions paid in advance, which gives you one session free.**

Improve your mental and physical well being, increase flexibility and balance by strengthening core muscles.

### **Coming soon Box-a-cise**

Boxing moves and circuit training with easy to follow choreography to improve your stamina, strength and shape. At Peartree Junior School, Peartree Street. Please contact Shaftesbury Sports Centre for more details on 01332 255603.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Gym for women only</b> 11am to 12pm Queen's Leisure Centre 01332 716620</p> <p>Not guaranteed female staff- call to enquire on the day</p>	<p><b>Swim for women only</b> (family pool) 7:30am to 9:15am Queen's Leisure Centre 01332 716620</p> <p>Not guaranteed female staff- call to enquire on the day</p>	<p><b>Introduction into Aerobics for women only</b> 9:45am to 11am</p> <p>St Augustine's Community Centre 01332 716218</p> <p>Guaranteed female staff</p>	<p><b>Swim for women only</b> (family pool) 7:30am to 9:15am Queen's Leisure Centre 01332 716620</p> <p>Not guaranteed female staff- call to enquire on the day</p>	<p><b>Women's activity morning</b> 9:30am to 11:30am Springwood Leisure Centre</p> <p>01332 664433</p> <p>Guaranteed female staff</p>	<p><b>Gym for women only</b> 9am to 1pm Woodlands Community School, Allestree 01332 551921</p> <p>Not guaranteed female staff- call to enquire on the day</p>	<p><b>Ladies Kickboxing</b> Jon Jepson Blackbelt Academy</p> <p>11am to 12pm Springwood Leisure Centre, Oakwood 01332 664433 07884 236569</p> <p>Guaranteed female staff</p>
<p><b>Swim for women only</b> (family pool) 12pm to 1:15pm Queen's Leisure Centre 01332 716620</p> <p>Not guaranteed female staff- call to enquire on the day</p>	<p><b>Introduction into Aerobics for women only</b> 9:30am to 10:45am</p> <p>Peartree Junior School</p> <p>01332 716218 Crèche places available</p> <p>Guaranteed female staff</p>	<p><b>Mobile Gym for women only</b> 6:30pm to 7:30pm Pakistan Community Centre 01332 716218</p> <p>Guaranteed female staff</p>	<p><b>Gym for women only</b> 11am to 12pm Queen's Leisure Centre 01332 716 620</p> <p>Not guaranteed female staff- call to enquire on the day</p>	<p><b>Gym for women only</b> 10am to 12pm Shaftesbury Sports Centre 01332 255603</p> <p>Guaranteed female staff</p>		<p><b>Ladies Kickboxing</b> Jon Jepson Blackbelt Academy</p> <p>1pm to 2pm Heatherton Community Centre</p> <p>01332 513777 07884 236569</p> <p>Guaranteed female staff</p>
<p><b>Self Defence For girls only</b> 6pm to 6:45pm St James' Centre Thornton room</p> <p>01332 716218</p> <p>Guaranteed female staff</p>	<p><b>Women's activity morning</b> 9:30am to 11:30am Springwood Leisure Centre</p> <p>01332 664433</p> <p>Guaranteed female staff</p>	<p><b>Gym for women only</b> 5:30pm to 10pm Woodlands Community School, Allestree 01332 551921</p> <p>Not guaranteed female staff- call to enquire on the day</p>	<p><b>Swim for women and toddler</b> (Teaching Pool) 12:15pm to 1:15pm Queen's Leisure Centre 01332 716620</p> <p>Not guaranteed female staff- call to enquire on the day</p>	<p><b>Netball for women only</b> 6pm to 8pm Shaftesbury Sports Centre 01332 255603</p> <p>Guaranteed female staff</p>		<p><b>Swimming for women and girls only</b> 2:15pm to 3:15pm Queen's Leisure Centre 01332 716620</p> <p>Guaranteed female staff</p>
<p><b>Self Defence For women only</b> 6:45pm to 7:30pm St James' Centre Thornton room</p> <p>01332 716218 Guaranteed female staff</p>	<p><b>Gym for women only</b> 5:30pm to 10pm Woodlands Community School, Allestree 01332 551921</p> <p>Not guaranteed female staff, call to enquire on the day</p>	<p><b>Bollywood Dancercise for women and girls</b> 7.30pm to 8.30pm Normanton Park Community Centre Surtal Asian Arts 01332 720730</p> <p>Guaranteed female staff</p>		<p><b>Gym for women only</b> 5:30pm to 10pm Woodlands Community School, Allestree 01332 551921</p> <p>Not guaranteed female staff- call to enquire on the day</p>		<p><b>Gym for women only</b> 4pm to 6pm Shaftesbury Sports Centre 01332 255603</p> <p>Guaranteed female staff</p>
<p><b>Aerobics for women only</b> 7pm to 8pm</p> <p>Queen's Leisure Centre 01332 716620</p> <p>Guaranteed female staff, but not female environment</p>	<p><b>Pilates for women only</b> 6.15pm to 7.15pm 10 week course starts Tuesday 22 April Peartree Junior School</p> <p>01332 716218</p> <p>Guaranteed female staff</p>	<p><b>Ladies Kickboxing</b> 7pm to 8pm Jon Jepson Blackbelt Academy Haslams Lane, Darley Abbey 07884 236569</p> <p>Guaranteed female staff</p>		<p><b>Ladies Kickboxing</b> Jon Jepson Blackbelt Academy</p> <p>6.30pm to 7.30pm Springwood Leisure Centre, Oakwood 01332 664433 07884 236569</p> <p>Guaranteed female staff</p>		<p><b>Aerobics for women only</b> 6pm to 7pm Shaftesbury Sports Centre 01332 255603</p> <p>Guaranteed female staff</p>