

For more information phone our booking office on 01773 825285

Please ask at reception for information on days and times of the above activities. Please note all activities are subject to change. * Seasonal activities.



KARATE CLUB
JU JITSU
GYMKIDS
DANCE WORKSHOP
BSC JUNIOR BADMINTON
BELPER RACKETS
BASKETBALL
5V5 FOOTBALL LEAGUE*
KICKBOXING
KRAV MAGA
SHAPE AEROBICS
SLIMMING WORLD
SQUASH CLUB
TAE KWON DO
TWC (BADMINTON)
WEIGHT WATCHERS

INDEPENDENT CLUB/CLASS



LEISURE CENTRE CLASS
20/20/20 WORKOUT
50+ WORKOUT CLASS
ABS ATTACK
AEROBICS
BOOT CAMP WORKOUT
CIRCUITS
CLUB FITNESS
CRICKET NETS*
GYMNASTICS
HIGH ENERGY AEROBICS
KICK START AEROBICS
YOGA
STREET SURFING
STEP AEROBICS
SALSA
PILATES
LINE DANCING
LADIES FOOTBALL
JUNIOR SOCCER
HIPS, BUMS & THIGHS
BODY CONDITIONING

- One hour's fantastic fun
- Music and laughter
- Free invitations
- A great choice of party food
- Free soft drinks for children during the party
- Photograph of the party group sent to the party boy/girl through the post
- A discount voucher for your next party (expiry date will apply)



What makes our parties fantastic...

Every party has it's own party host to make sure your party runs smoothly and all your party guests have fun!

Pirate • Jungle • School Musical
 Princess • Multi-Sport • Fun Splash
 Party • Or why not create your own

Belper Leisure Centre have a fantastic selection of themed parties to choose from...



Cafe Express

Monday – Friday	4.00 p.m. – 6.30 p.m.
Saturday	9.00 a.m. – 6.00 p.m.
Sunday	9.00 a.m. – 5.30 p.m.



After your activity, why not have something to eat or drink? We offer a wide variety of hot and cold meals, drinks, snacks and children's meals.

Sammy Crooks

SPORTS BAR

We offer a wide range of beers and lagers in an atmosphere that is friendly and welcoming. Guest ales are a speciality.

You can hire our halls and function room for all types of activities including craft fairs, christenings, weddings, or birthday celebrations. We also offer a comprehensive buffet package, flexible enough to meet a wide range of needs. To enquire about these packages simply speak to our administration staff or phone our booking office on **01773 825285**.

*Please note that bar and catering opening times may vary.



Monday – Friday	7.00 p.m. – 11.00 p.m.
Saturday	12.00 p.m. – 11.30 p.m.
Sunday	12.00 p.m. – 10.30 p.m.

Dryside

Activity Programme



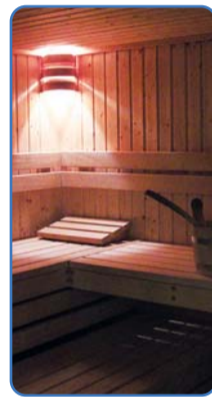
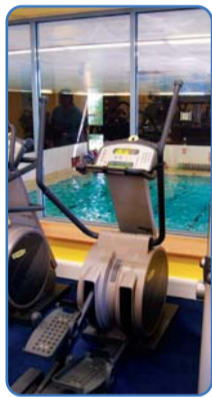
- 5v5 Football
- Aerobics Programme
- Badminton
- Basketball
- Cricket Nets
- Discos
- Junior Soccer Training
- Martial Arts Clubs
- Palms Health & Fitness
- Pilates
- Soundwave Therapy Chair
- Squash
- Sun Shower
- Table Tennis
- Volleyball
- Yoga
- Salsa
- Gymnastics
- Line Dancing
- Krav Maga
- and more...

Belper Leisure Centre can offer something for everyone!



- 53 Station Fitness Suite including Cardiovascular, Resistance & Free-weight Equipment
- Fully Air Conditioned Fitness Suite
- Fully Supervised Fitness Suite
- Individual Personal Programmes – Developed to meet your own personal goals and objectives.
- Personal Programme TGS Key
- A variety of work-out classes including; Yoga, Pilates, Salsa, Step Aerobics, Circuit Training and more!
- FIA (Fitness Industry Association) Accredited

- REPS (Register Of Exercise Professionals) Registered Staff
- GP Referral Scheme (Be-Active in association with Derbyshire Primary Care Trust)
- Spa Pool, Steam Room and Sauna Cabin
- 25 Meter 6 Lane Swimming Pool
- Sound Wave Therapy Chair
- Sun Shower
- Integral changing rooms and Showers (Fitness & Health Suite)
- Social Activities
- Free Function Room Hire (With Palms Membership) Terms & Conditions Apply



WORKOUT ZONE

Palms Group Workout Classes

Monday	* Abs attack	6.00pm	-	6.40pm
Monday	* Yoga	7.30pm	-	9.00pm
Monday	* Hips, Bums & Thighs	6.50pm	-	7.20pm
Monday	Salsa - Beginners	6.00pm	-	6.45pm
Monday	Salsa - Improvers	6.45pm	-	7.15pm
Tuesday	Step Aerobics	6.15pm	-	7.15pm
Tuesday	* Circuits	7.30pm	-	8.30pm
Tuesday	* Line Dancing	12.45pm	-	1.40pm
Wednesday	* 20/20/20	5.30pm	-	6.30pm
Thursday	* Abs attack	6.00pm	-	6.40pm
Thursday	* Hips, Bums & Thighs	6.50pm	-	7.20pm
Thursday	* Step Aerobics	6.30pm	-	7.30pm
Thursday	* Yoga	7.30pm	-	9.00pm
Thursday	Aqua Aerobics	8.00pm	-	9.00pm
Thursday	* Circuits	8.00pm	-	9.00pm
Friday	* 50+ Workout	11.30am	-	12.25pm
Friday	* Pilates	12.30pm	-	1.30pm
Friday	* Aerobics	5.30pm	-	6.30pm

*Booking is required: - Please note all members whose membership includes the free use of classes must bring their own membership card each time, if you do not produce your membership card you may be required pay for the class.

New Classes Coming Soon

High Energy Aerobics 5.30 - 6.30 Thurs
Kick Start Aerobics 8.00am - 9.00am Sun
Body Conditioning 9.00am - 9.45am Sun

Bring a Friend!

*Non-members of Palms Health and Fitness (and members who's membership does not include the free use of classes) are more than welcome to attend each class at the fee advertised in the main Reception. Please check the Palms Health and Fitness information board for any details of class amendments.



CLUB FITNESS

Fun safe fitness sessions at Palms Health and Fitness. All participants must be aged between 11-15 years and have completed a Club Fitness induction prior to booking any of these sessions;

Monday to Friday 4.00-4.45pm and 4.45-5.30pm
Saturday and Sunday 10.30-11.15am

Please note the above facilities are subject to change and availability.



JUNIOR SOCCER COURSE

NFA soccer skills run by FA level 3 coach Steve Egan.

For children aged 5 - 7 years and 8 - 11 years.

Players who progress through the 5 skill sets and 2 levels on each course can purchase awards, comprising of a badge and certificate for their achievement



GYMNASTICS

Please ask at reception for more details

STREET SURFING

Pay as you go.

Beginner Class - Saturday 6.00pm - 7.00pm
Improvers/Advanced Class - 7.00pm - 8.00pm

Boards, helmets, knee pads, elbow pads and wrist guards provided.



Registration required at reception.

SPORTS HALL

Variety of activities including:

Indoor Cricket Nets

Uni-hoc

Badminton

Volleyball

Netball

5v5 Football

Basketball

ACTIVITY HALL

The activity hall is available to hire for the following activities:

Table Tennis

Monday – Friday
5.00 p.m. – 10.30 p.m.
Saturday and Sunday
9.00 a.m. – 10.30 p.m.

Badminton

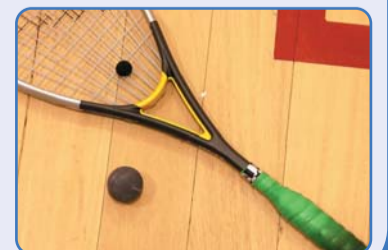
Monday – Friday
5.00 p.m. – 10.30 p.m.
Saturday and Sunday
9.00 a.m. – 10.30 p.m.

SQUASH COURTS

Two colour scheme 2000 squash courts with viewing areas are available:

Monday – Friday 5.00 p.m. – 10.30 p.m.
Saturday – Sunday 9.00 a.m. – 10.30 p.m.

Bookings are taken for 40 minute periods.



All our lifeguards are fully qualified and hold the National Pool Lifeguard Qualification

Belper Leisure Centre, Kilbourne Road, Belper, Derbyshire, DE56 1RZ Tel: 01773 825285, Fax: 01773 824329 Web: www.belperleisurecentre.co.uk