



# Adult Activity Brochure 2026



Your local physical activity opportunities in South Derbyshire



Welcome to our Adult Activity Brochure 2026. Inside, you'll find a wide variety of indoor and outdoor physical activities designed to support your health and wellbeing. Sessions are organised by day and time so you can quickly see which activities best fit your schedule.

Each activity is delivered by an independent contributor, so details may vary. We encourage you to contact the session organiser before attending. We extend our sincere thanks to all contributors for their valued participation and for providing high-quality activities for our community.

If you are interested in featuring your own session or contributing to a future edition of this brochure, please contact us at: [Active.SD@southderbyshire.gov.uk](mailto:Active.SD@southderbyshire.gov.uk)

# OUTDOOR ACTIVITIES

## MONDAY

### Walk & Tone

**10:00am - 11:00am (weekly)**

Moira Furnace Museum & Country Park, Furnace Lane, Moira, Swadlincote DE12 6AT

Sue Williams ☎ 07940 580891

✉ [Fit-4-LifePT@outlook.com](mailto:Fit-4-LifePT@outlook.com)

A scenic walk will be split up with short 5-minute circuits of body weight and resistance band exercises to provide a full body tone. Block booking £6.50, PAYG £7.50. The meet point changes weekly and will include Moira, Swadlincote, Albert Village and Donisthorpe.

### Walking - Hilton

**10:30am - 11:30am (weekly, not bank holidays)**

Hilton Brook Pub, Egginton Road, Hilton, DE65 5FG

☎ 01283 595906

✉ [get.active@southderbyshire.gov.uk](mailto:get.active@southderbyshire.gov.uk)

A free, friendly walking group that walks for an hour around Hilton village.

### Walking - Calke Abbey

**2:00pm - 3:00pm (weekly, not bank holidays or 5th Monday of the month)**

National Trust Calke Abbey, Ticknall, Derbyshire DE73 7JF

☎ 01283 595906

✉ [get.active@southderbyshire.gov.uk](mailto:get.active@southderbyshire.gov.uk)

Meet at 1:45pm for 2pm start. Finish at 3pm. A free, friendly walking group that offers two walking options around the beautiful site of Calke Abbey. The shorter walk will last 45 minutes and doesn't include any steps or stiles. The longer walk lasts approximately 1 hour.

### Walking - National Memorial Arboretum Walk

**2:00pm - 3:00pm (weekly)**

National Memorial Arboretum, Croxall Road, Alrewas, DE13 7AR

☎ 01283 595906

✉ [get.active@southderbyshire.gov.uk](mailto:get.active@southderbyshire.gov.uk)

A free, friendly walking group that walks for an hour around the National Memorial Arboretum.

### Drop In Gardening (DIG)

**2:00pm - 4:00pm (weekly)**

Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote, DE12 8JX

☎ 01283 535039

✉ [rosliston@southderbyshire.gov.uk](mailto:rosliston@southderbyshire.gov.uk)

Gardening tasks in our herb, sensory & wildlife gardens for adults. Please contact for more details before your first visit. Not bank holidays. Please bring own gloves. Free.

## TUESDAY

### Walking Talking Tuesdays

**9:30am - 12:00pm (fortnightly)**

Various locations, see website for schedule [www.peakrunning.co.uk/trailtherapy](http://www.peakrunning.co.uk/trailtherapy)

Peak Running ☎ 07710 177325

✉ [info@peakrunning.co.uk](mailto:info@peakrunning.co.uk)

An opportunity to explore scenic local trails, connect with nature and chat with the leaders and fellow walkers. A perfect way to build your fitness while also gaining the positive mental health benefits of being out in nature. Walks generally cover around 5-miles/8km at a pace comfortable for all group members. For more information and to book a place visit: [www.peakrunning.co.uk/trailtherapy](http://www.peakrunning.co.uk/trailtherapy)  
There is a small charge for these activities, but we are happy to offer free places to anyone where money may be a barrier to taking part. These can be booked, no questions asked, using the voucher code displayed on our website.

### Walking - Measham walk and talk

**10:00am - 10:30am (weekly)**

Peggs Close car park (alley), Ashby, DE12 7LJ

☎ 01283 595906

✉ [get.active@southderbyshire.gov.uk](mailto:get.active@southderbyshire.gov.uk)

A free, chatty, gentle walk ideal for the those looking to get back into exercise. The walk is followed by a hot drink and a chat.

### Senior Tennis Group

**10:00am - 12:00pm (weekly)**

Maurice Lea Memorial Park, Church Street, Swadlincote, DE11 9NW

The Parklife Officer ☎ 01283 228766

✉ [parksandgreenspaces@southderbyshire.gov.uk](mailto:parksandgreenspaces@southderbyshire.gov.uk)

Free Tennis sessions for over 50s. Borrow kit for free or bring your own kit if you prefer. Friendly group of players of mixed ability. New members always welcome. Moves indoors in winter months to Midway Community Centre. Small fee payable for use of indoor facilities.



## WEDNESDAY

### Walk & Tone

**10:00am - 11:00am (weekly)**

Moira Furnace Museum & Country Park  
Furnace Lane, Moira, Swadlincote  
DE12 6AT

Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A scenic walk will be split up with short 5-minute circuits of body weight and resistance band exercises to provide a full body tone. Block booking £6.50, PAYG £7.50. The meet point changes weekly and will include Moira, Swadlincote, Albert Village and Donisthorpe.

### Walking - Green Bank walk

**10:00am - 11:00am (weekly)**

Green Bank Leisure Centre, Civic Way,  
Swadlincote DE11 OAD

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

A free, friendly walking group that walks for an hour around Swadlincote. Please meet at the Café inside Green Bank Leisure Centre.

### Newhall Gardening Group

**10:00am - 12:00pm (last Wednesday of the month)**

Newhall Park, Main Street, Newhall,  
Swadlincote, DE11 0HX

The Parklife Officer ☎ 01283 228766

✉ parksandgreenspaces@southderbyshire.gov.uk

Would you like to help be part of a friendly gardening group to maintain flower beds and other areas of Newhall Park? Improve your health and wellbeing! Make friends and work together! All equipment and refreshments provided. All levels of experience welcome.

### Walking – Rosliston Forestry Centre

**10:30am - 11:30am (weekly)**

Rosliston Forestry Centre, Burton Road,  
Rosliston, Swadlincote, DE12 8JX

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

Join us for a free, one hour, easy paced walk around the Forestry Centre. This walk is ideal for those wanting to be more active and also those who haven't walked in a group before.

### Rosliston Rangers

**10:00am - 3:00pm (fortnightly)**

Rosliston Forestry Centre, Burton Road,  
Rosliston, Swadlincote, DE12 8JX

☎ 01283 535039

✉ rosliston@southderbyshire.gov.uk

Site-based tasks and on-the-job training in conservation work & wildlife surveys for adults. Please contact for more details before your first visit. Free. 2nd and 4th Tuesdays of the month.

### Walking - Overseal

**1:30pm - 3:30pm (weekly)**

Please contact us for the starting location as this changes regularly.

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

A free, friendly group that walk between 3-5 miles around various sites within the National Forest.

### Swad Joggers

**6:30pm - 7:30pm (weekly)**

Meeting places vary.

Please contact before attending.

✉ swadjoggers@gmail.com

A friendly jog group based in Swadlincote catering for all abilities. Also offer a walking group alongside our running groups.

### Social Jogging

**7:00pm - 8:00pm (weekly)**

Melbourne Assembly Rooms, High Street,  
Melbourne DE73 8GF

Hazel Clint, Suzanne Adams or Kate Smithard Contact via Melbourne Joggers on Facebook

Melbourne Joggers offer sociable safe jogging supporting all abilities.

Groups split into 5K run/walk up to faster 10K. Costs £1 per session.

## THURSDAY

### bRUNch Club Trail Therapy

**9:30am - 11:15am (weekly)**

Various locations, see website for schedule [www.peakrunning.co.uk/trailtherapy#brunchclub](http://www.peakrunning.co.uk/trailtherapy#brunchclub)

Peak Running ☎ 07710 177325

✉ info@peakrunning.co.uk

Relaxed 'chatty' paced runs exploring scenic local trails, which are as much about the mind as the body. A perfect way to de-stress and connect with nature in some beautiful green spaces, amongst a friendly and supportive group. We cover around 5 miles/8km and cater for all paces. For more information and to book a place visit: [www.peakrunning.co.uk/trailtherapy#brunchclub](http://www.peakrunning.co.uk/trailtherapy#brunchclub) There is a small charge for these activities, but we are happy to offer free places to anyone where money may be a barrier to taking part. These can be booked, no questions asked, using the voucher code displayed on our website.

### Walking - Measham Walk and Talk

**10:00am - 10:30am (weekly)**

Peggs Close car park (alley), Ashby  
DE12 7LJ

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

A free, chatty, gentle walk ideal for those looking to get back into exercise. The walk is followed by a hot drink and a chat.

### Nordic Walking - Rosliston

**10:00am - 11:00am (weekly)**

Rosliston Forestry Centre, Burton Road,  
Rosliston, Swadlincote DE12 8JX

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

Ideal for beginners and experienced Nordic Walkers. Meet on the picnic area. £4.50 if hiring poles, £2.50 if using own poles.

### Walking - Coronation Park

**10:00am - 11:00am (weekly)**

Meeting at the Coronation Park car park,  
William Nadin Way, Stanton,  
Swadlincote DE11 0UH

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

Join us for this free weekly walk in and around Cadley and Coronation Parks. The walk will be up to 3 miles long and is ideal for those who are already active but looking to increase their fitness.

## Walking - Measham

**10:30am - 12:00pm (weekly)**

Please contact us for the starting location as these change regularly.

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

A free, friendly group that walk between 3-5 miles around various sites locally. If you would like to join the group, please contact us.

## Walking - Willington

**1:30pm - 2:30pm (weekly)**

Canal/picnic area car park, Willington DE65 6BP

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

A free, friendly walking group that walks for around an hour around Willington. The group often stop for a hot drink afterwards.

## Senior Bowls Group

**2:00pm - 3:45pm (Weekly from 7th May)**

Maurice Lea Park, Swadlincote DE11 9NW

The Parklife Officer ☎ 01283 228766

✉ parksandgreenspaces@southderbyshire.gov.uk

Free social Bowls sessions for over 50s. Borrow kit for free or bring your own kit if you prefer. Friendly group of players of mixed ability. New members always welcome.

## Swad Joggers

**6:30pm - 7:30pm (weekly)**

Meeting places vary.

Please contact before attending

✉ swadjoggers@gmail.com

A friendly jog group based in Swadlincote catering for all abilities. Also offer a walking group alongside our running groups.

## Walking - Elvaston Night Walk

**7:00pm - 8:15pm (weekly)**

Starting from Thulston Village Green, opposite Harrington Arms car park, DE72 3EY

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

Would you like to join a free, safe, friendly sociable walk around the Elvaston Castle site? We walk approximately 5km in 75 minutes throughout the year - sunshine, moonlight and stars!

# FRIDAY

## Cycling

**10:00am - 11:00am (weekly)**

Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote DE12 8JX

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

Join us for a gentle, traffic-free ride around the Forestry Centre. Open to all abilities. £4.50 including cycle hire, or £2.50 if using own bike. We also have a free walking group at the same time for those who don't wish to cycle.

## Walking - Heartwood Surgery walk

**10:00am - 11:00am (weekly)**

Heartwood Medical Practice, Civic Way, Swadlincote DE11 0AE

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

A free, friendly walking group that walk between 1-2 miles every week (meet in the Reception area).

# SATURDAY

## Morning Meditation

**8:00am - 9:00am (Oct-Mar),**

**7:30am - 8:30am (Apr-Sept)**

Moira Furnace Woodland, Furnace Lane, Moira DE12 6AT

Jodi & Becki ☎ 07445 209725

✉ info@wildmindsnature.co.uk

Join us for a guided meditation session in a beautiful woodland setting. Take time to unwind, connect with nature and explore a new way to reduce anxiety and stress. This outdoor guided meditation session is suitable for anyone wanting to try something new to support positive wellbeing in a relaxed environment. Dates vary, please visit website [www.wildmindsnature.co.uk/whats-on](http://www.wildmindsnature.co.uk/whats-on) for current availability. £7pp, booking essential at <https://bookwhen.com/wildmindsnatureconnection>

## T'ai-Qi for Wellbeing

**9:30am - 10:30am (Oct-Mar),**

**10:00am - 11:00am (Apr-Sept)**

Moira Furnace Woodland, Furnace Lane, Moira DE12 6AT

Jodi & Becki ☎ 07445 209725

✉ info@wildmindsnature.co.uk

Join us for relaxing T'ai-Qi for mind and body. Spend time following the movements of T'ai Chi & Qigong (& a little bit of standing Yoga) and find calm in this moving meditation. Suitable for all abilities and can even be completed seated if required. Dates vary, please visit website [www.wildmindsnature.co.uk/whats-on](http://www.wildmindsnature.co.uk/whats-on) for current availability. £7pp, booking essential at <https://bookwhen.com/wildmindsnatureconnection>

# SUNDAY

## Bird Watching for Beginners (3rd Sunday of each month)

**9:00am - 12:00pm**

Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote DE12 8JX

Tony Slater ✉ birdingfor@gmail.com

Meet by the cafe at Rosliston Forestry Centre. A gentle walk around the Forestry Centre watching birds and other wildlife. Our experienced guides will share information about the birds we see and give tips on using optical equipment properly. Walks last about 3 hours on well made footpaths. Binoculars available to borrow.

# INDOOR ACTIVITIES

## MONDAY

### Zumba®

**9:30am - 10:25am (weekly)**

Mickleover Memorial Hall  
49 Station Road, Derby DE3 9GH  
24 Fit Derby ☎ 01332 498005  
✉ 24fitderby@gmail.com

Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Under 18's must be accompanied by their guardian.

### Yoga

**10:00am - 11:00am (weekly)**

Walton-on-Trent village hall, 34 Main Street,  
Walton-on-Trent, Swadlincote, DE12 8LZ  
Claire McCann ☎ 07716 693400  
✉ clairemccann129@msn.com

A gentle Hatha yoga class, suitable for beginners and more experienced practitioners. Combining Asana (poses) with breath work and meditation. Enabling you to leave with a calmer mind and stronger, more flexible body. Options can be given to those who are suffering an injury or an ongoing concern.

### Postural Stability Group

**10:00am - 11:00am (weekly)**

Willington Village Hall, Twyford Road,  
Willington DE65 6DE  
Emma Yates ☎ 07554 868161  
✉ cbewithemma@gmail.com

These classes include a mixture of seated and standing exercises to develop your strength and improve your balance, coordination and fitness.

### Chair Based Exercise

**10:30am - 11:30am (weekly)**

Recreation Centre Shardlow Road,  
Aston-on-Trent DE72 2AN  
Lindsay Robins ☎ 07874 862287  
✉ lindsayrobins7@gmail.com

These sessions are predominantly seated, but may include some optional standing exercises.

### Pilates

**10:45am - 11:45am (weekly)**

Mickleover Memorial Hall, Station Road,  
Mickleover, Derby DE3 9GH  
Elena Flinton ☎ 07956 377158  
✉ elena.flinton@gmail.com

Pilates is recommended by medical professionals to help with back pain, arthritis, fibromyalgia, stress and anxiety, and more. It emphasises alignment, breathing, developing a strong core (the muscles of the abdomen, lower back and hips) and improving coordination and balance. It's also a great place to meet new friends in a warm and sociable environment.

### Chair Based Exercise Class

**11:10am - 12:10pm (weekly)**

Willington Village Hall, Twyford Road,  
Willington DE65 6DE  
Emma Yates ☎ 07554 868161  
✉ cbewithemma@gmail.com

These classes include a mixture of seated and standing exercises to develop your strength and improve your balance, co-ordination and fitness.

### Postural Stability Group

**1:30pm - 2:30pm (weekly)**

St Matthew's Community Centre,  
Woodville Road, Overseal DE12 6JG  
Emma Yates ☎ 07554 868161  
✉ cbewithemma@gmail.com

These classes include a mixture of seated and standing exercises to develop your strength and improve your balance, co-ordination and fitness.

### Chair Based Exercise Class

**3:15pm - 4:15pm (weekly)**

Church Gresley Methodist Church, York  
Road, Church Gresley DE11 9QQ  
Emma Yates ☎ 07554 868161  
✉ cbewithemma@gmail.com

These classes include a mixture of seated and standing exercises to develop your strength and improve your balance, coordination and fitness.

### Kettlebells & Core

**6:00pm - 6:45pm (weekly)**

Granville Academy, Burton Road  
Woodville DE11 7JR  
Sue Williams ☎ 07940 580891  
✉ Fit-4-LifePT@outlook.com

Kettlebell and core exercises improve strength, endurance, flexibility, stability, balance and coordination making everyday life easier! Suitable for all ages and fitness levels. Block booking £7.50, PAYG £8.50. Classes are outdoors in Albert Village Recreation Ground from April to September.

### Archery

**6:00pm - 10:00pm (weekly)**

Gresley Old Hall Miners Club, Gresley  
Wood Road, Swadlincote DE11 9QW  
Mercia Archers ☎ 07896 887289  
✉ jamesonderek17@gmail.com

Before doing archery, you must complete a prearranged beginners course. Please get in touch if this is something you are interested in.

### Infinite Tai Chi & Qigong

**6:15pm - 7:15pm (weekly)**

Mickleover Community Pavilion centre,  
Vicarage Road, Mickleover DE3 0ED  
Nav Mohain ☎ 07960 125386  
✉ Navm1@yahoo.co.uk

Gentle Tai Chi and Qigong classes designed to improve balance, flexibility, and inner calm. Suitable for all levels — including complete beginners. Each session combines mindful movement, deep breathing, and relaxation to support physical, mental, and emotional wellbeing. For more information visit [www.infinitetaichiderby.com](http://www.infinitetaichiderby.com)

### Walking Football

**7:00pm - 8:00pm (weekly)**

Repton School, Repton, Derbyshire,  
DE65 6FH  
Kip Marklew  
✉ kip.marklew@gmail.com

Etwall Walking Football Club provides facilities for over 50s to continue playing football during 2 evening sessions and have teams entered in a local league at over 50s and 65s. All welcome.

### Rockfit with Becky

**7:15pm - 8:15pm (weekly)**

Overseal Village Hall, Woodville Road,  
Overseal, Swadlincote DE12 6LU  
✉ RockfitwithBecky@yahoo.com

Rockfit is a high-energy dance fitness class set to the best rock and metal anthems. You'll unleash your inner rockstar with fun easy to follow routines that blend cardio, toning and attitude, the workout that feels more like a gig. Suitable for all fitness levels, helps build confidence - no experience needed. Friendly, empowering and open to everyone. Come along and join the Swadsquad. Search for Rockfit with Becky on facebook. First class is a free rockout, £6 PAYG and discounted loyalty cards available.

## Walking Football

**8:00pm - 9:00pm (weekly)**

Green Bank Leisure Centre, Swadlincote DE11 0AD

☎ 01283 595906

✉ get.active@southderbyshire.gov.uk

Whether you're looking to keep active, stay fit, or widen your circle of friends, Walking Football offers the perfect opportunity to do this. £5pp.

# TUESDAY

## Classical Pilates

**9:30am - 10:15am (weekly)**

Weston-on-Trent Village Hall, Main Street, Derby DE72 2BL

Chloe Thompson ☎ 07515 147409

✉ info@cbfitnessandpilates.co.uk

Mixed level Classical Pilates class lead by a fully comprehensive instructor (600 hour training on all equipment and a gen 3 teacher). £9 PAYG and can book online <https://www.cbfitnessandpilates.co.uk/book-online>. Chloe is also a GP Exercise Referral Specialist and can help with rehabilitation. If Prefer a 1:1 then you can come to the home studio in Chellaston.

## Chair Fitness - Strength & Balance

**10:00am - 10:45am (weekly)**

St Ed's Church (The Hut) Sinfin Avenue Shelton Lock DE24 9JA

Steph Fitzpatrick ☎ 07806 931664

✉ stephjdancefitness@hotmail.co.uk

Join our chair fitness class to build strength and improve balance. Who is this class for? Older adults, total beginners or those returning to exercise after injury. What to expect? Seated exercises using light weights to build strength and mobility and some simple standing balance exercises using the chair for support.

What are the benefits? Reduced risk of falls, improved joint health and reduced joint pain, reduced back pain, increased confidence of movement.

## Move It Or Lose It

**10:00am - 11:30am and 11:45am - 1:15pm (weekly)**

Mickleover Memorial Hall, 49 Station Road, Derby DE3 9GH

☎ 07984 017522

✉ 24fitderby@gmail.com

Turn back the clock with our fun and friendly exercise class to improve your balance & confidence, mobility & flexibility, and strength & independence. Seating and standing options are available. £6 pp. Can book online: <https://playwaze.com/Book?p=PhysicalEventSeries/92772-B>

The classes are also great social events! 60 minutes of exercise followed by 30 mins tea, coffee and biscuits!

## Postural Stability Group

**11:00am - 12:00pm (weekly)**

The Old School Room, Etwall Methodist Church Willington Road, Etwall DE65 6HX  
Emma Yates ☎ 07554 868161

✉ cbewithemma@gmail.com

These classes include a mixture of seated and standing exercises to develop your strength and improve your balance, coordination and fitness.

## Bat & Chat

**2:00pm - 4:00pm (weekly)**

Melbourne Assembly Rooms (Studio Room), High Street, Melbourne DE73 8GF  
Carl Barcock ☎ 07539 329966

✉ carlbarcock@gmail.com

This is a casual session for over 50's. The play is gentle and the accent is on having fun. All equipment is provided. There is a tea & biscuit break at half time. First session is free as a taster, thereafter it is £3 per session.

## Pilates Classes

**5:30pm - 6:15pm (weekly)**

Rolleston Club, 15 Burnside, Burton upon Trent DE13 9DN

Steph Fitzpatrick ☎ 07806 931664

✉ stephjdancefitness@hotmail.co.uk

A fun and invigorating class designed to keep you moving throughout. Experience the traditional Pilates mat exercises in a workout to strengthen & lengthen with a strong focus on the core. Discover a flowing, pacy movement practice that builds strength from the core whilst building awareness of your body and movement This is a class that will challenge and change your body, decrease pain symptoms, improve posture and leave you invigorated! First week of the month is Pilates Strong week where we add light dumbbells to our regular Pilates class. Beginners welcome – modifications offered. Bring an exercise mat. Booking required: [www.stephjdancefitness.com](http://www.stephjdancefitness.com)

## Yoga

**6:00pm - 7:00pm (weekly)**

Walton-on-Trent village hall, 34 Main Street, Walton-on-Trent, Swadlincote, DE12 8LZ

Claire McCann ☎ 07716 693400

✉ clairemccann129@msn.com

A gentle Hatha yoga class, suitable for beginners and more experienced practitioners. Combining Asana (poses) with breath work and meditation. Enabling you to leave with a calmer mind and stronger, more flexible body. Options can be given to those who are suffering an injury or an ongoing concern.

## Vinyasa flow yoga

**6:15pm - 7:00pm (weekly)**

Repton Sports Centre, Willington Rd, Repton, Derby DE65 6FH

Sharon Kerlo

✉ Sharon@innerplaceyoga.com

This class is a dynamic style of yoga that synchronises breath with movement, linking a continuous sequence of poses together at Repton sports centre.

## FitSteps© dance fitness

**6:30pm - 7:30pm (weekly)**

Rolleston Club Burnside Rolleston on Dove DE13 9DN

Steph Fitzpatrick ☎ 07806 931664

✉ stephjdancefitness@hotmail.co.uk

FitSteps© is the ballroom and latin dance fitness sensation where you can expect to feel like you're dancing on Strictly but without the need for a partner! It's solo style dance fitness, dancing real ballroom and latin steps. Expect to dance Cha Cha Cha, Tango, Quickstep, Jive, Samba and lots more. No experience needed – join our fun and friendly classes to dance yourself fit! Booking required: [www.stephjdancefitness.com](http://www.stephjdancefitness.com)

## Sound Bath

**7:00pm - 8:00pm (monthly)**

Walton-on-Trent village hall,  
34 Main Street, Walton-on-Trent,  
Swadlincote, DE12 8LZ  
Claire McCann ☎ 07716 693400  
✉ clairemccann129@msn.com

Monthly in person Sound Baths designed to encourage a deep sense of relaxation. You are encouraged to lie back, relax and allow the sounds of the instruments to wash over you. Benefits of Sound Healing, are stress reduction, decreased anxiety and depression, meditation aid and improved memory and sleep. Not suitable for those in the first trimester of pregnancy, who suffer severe mental health issues or have sound sensitive epilepsy. Do get in contact with me to find out details of when our next Sound Bath session is. Fully qualified and insured.

## Table Tennis Evening Practice

**7:00pm - 9:00pm (weekly)**

Assembly Rooms (Studio Room or old squash court), High Street, Melbourne DE73 8GF  
Carl Barcock ☎ 07539 329966  
✉ carlbarcock@gmail.com

This is a practice session for all abilities, primarily adults, but juniors over 12 years old are welcome with a playing guardian. Equipment can be provided. First session is free as a taster. Thereafter it is £5 a session for adults and £3 for juniors.

## Strength and Cardio fusion

**7:15pm - 8:00pm (weekly)**

Hilton Village Hall  
Peacroft Lane, Derby DE65 5GH  
Sam  
✉ contact@beautifullybalanced.online

This class places strength training at the centre of midlife fitness, supported by cardio, balance and agility work to help you feel capable, steady and energised. This class is a great fit if you're new to strength training, returning after a break, or navigating midlife or post-menopause changes and want a clear, supportive way to begin and progress.

## POUND®

**7:40pm - 8.30pm (weekly)**

Mickleover Community Pavilion, Vicarage Road, Mickleover, Derby DE3 0ED  
24 Fit Derby ☎ 01332 498005  
✉ 24fitderby@gmail.com

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Under 18's must be accompanied by their guardian. Please bring your own exercise mat (or big heavy towel).

## Relax and Restore Yoga

**8:05pm - 8:50pm (weekly)**

Hilton Village Hall  
Peacroft Lane, Derby DE65 5GH  
Sam  
✉ contact@beautifullybalanced.online  
This calming class is designed to complement Strength & Cardio Fusion or support you at the end of a full day.

We move through slow, steady yoga and mobility-focused movement to release tension, support recovery and help your nervous system settle. Breath-led movement and pelvic floor exercises are included to encourage a responsive, adaptable pelvic floor, rather than holding or gripping.

# WEDNESDAY

## T'ai Chi

**9:30am - 10:30am beginners (weekly)**

**10:45am - 11:45am Intermediate (weekly)**

Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote, DE12 8JX  
Heather ☎ 07977 269738  
✉ hlbluelilac@googlemail.com

A gentle form of exercise that can help maintain strength, flexibility, balance, co-ordination, and stress management.

## FitSteps© dance fitness

**9:30am - 10:30am (weekly)**

Hilton Scout & Guide Hut, Peacroft Lane, Hilton DE65 5GH  
Steph Fitzpatrick ☎ 07806 931664  
✉ stephjdancefitness@hotmail.co.uk

FitSteps© is the ballroom and latin dance fitness sensation where you can expect to feel like you're dancing on Strictly but without the need for a partner! It's solo style dance fitness, dancing real ballroom and latin steps. Expect to dance Cha Cha Cha, Tango, Quickstep, Jive, Samba and lots more. No experience needed – join our fun and friendly classes to dance yourself fit! Booking required:  
www.stephjdancefitness.com

## Infinite Tai Chi & Qigong

**5:50pm - 6:50pm (weekly)**

Heatherton Community centre, Hollybrook Way, Littleover, Derby DE23 3TZ  
Nav Mohain ☎ 07960 125386  
✉ Navm1@yahoo.co.uk

Gentle Tai Chi and Qigong classes designed to improve balance, flexibility, and inner calm. Suitable for all levels — including complete beginners. Each session combines mindful movement, deep breathing, and relaxation to support physical, mental, and emotional wellbeing.  
For more information visit  
www.infinitetaichiderby.com

## Gym Circuit Training

**6:00pm - 6:45pm (weekly)**

Granville Academy, Burton Road, Woodville DE11 7JR  
Sue Williams ☎ 07940 580891  
✉ Fit-4-LifePT@outlook.com

A full body workout to improve cardiovascular, muscular and core strength and endurance. Suitable for all ages and fitness levels. Block booking £7.50, PAYG £8.50.

## Vinyasa flow yoga

**6:15pm - 7:15pm (weekly)**

Repton village Hall, 58 Askew Grove, Repton, Derby DE65 6GR

Sharon Kerlo

✉ Sharon@innerplaceyoga.com

This class is a vinyasa flow classes, all classes are suitable for beginners. Just bring yourselves with open hearts and a mat. Leave all expectations and come as you are.

## Rockfit with Sharon

**6:30pm - 7:30pm (weekly)**

Chellaston Academy, Swarkestone Road, Chellaston, Derby DE73 5UB

✉ rockfitwithsharon@gmail.com

Rockfit combines dance fitness, cardio and body toning with a mood-lifting Rock and Metal soundtrack. Exercises can be adapted to suit all fitness levels, and we operate a strict 'no judgement' policy - we're all there to have fun and get moving with the bonus of great music to keep us motivated. First class is free – just turn up 10 minutes before the session to fill out a form.

Subsequent classes are £6 PAYG or you can buy a 5 class pass for £25 Visit Rockfit with Sharon - Derby on Facebook for more details.

## Rockfit with Becky

**7:00pm - 8:00pm (weekly)**

Main Hall, The Pingle Academy, Coronation Street, Swadlincote DE11 0QA  
Becky ✉ rockfitwithbecky@yahoo.com

Rockfit is a high-energy dance fitness class set to the best rock and metal anthems. You'll unleash your inner rockstar with fun easy to follow routines that blend cardio, toning and attitude, the workout that feels more like a gig. Suitable for all fitness levels, helps build confidence - no experience needed. Friendly, empowering and open to everyone. Come along and join the Swadsquad. Search for Rockfit with Becky on facebook. First class is a free rockout, £6 PAYG and discounted loyalty cards available.

## Clubbercise®

**7:00pm - 7:55pm (weekly)**

Murray Park Community School, Murray Road, Mickleover, Derby DE3 9LL  
24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

Clubbercise® - simple, fun dance fitness routines using glow sticks to club anthems, from 90's classics to the latest chart hits, normally taught in a darkened room with disco lights. Because of the high and low impact options, Clubbercise® dance fitness classes are great if you're a beginner or if you're already a fitness freak!

# THURSDAY

## FitSteps©

**9:15am - 10:05am (weekly)**

**10:15am - 11:05am (weekly)**

Mickleover Memorial Hall, Station Road, Mickleover, Derby DE3 9GH

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

FitSteps© is a Latin and Ballroom dance fitness workout, where you can learn the wonderful dances you see on Strictly Come Dancing without the need for a partner and in a relaxed and fun environment. It's so much fun you won't feel like you are working out, and it's also a great way to socialise and make new friends. You don't need any dance experience and you don't need to be fit to be able to enjoy FitSteps©. It's a dance fitness workout suitable for everyone! Trainers and comfortable loose clothing or exercise wear are recommended. Don't forget your water bottle too.

## Morning Yoga

**9:15am - 10:00am (weekly)**

Mickleover Community Pavilion  
Vicarage Rd, Derby DE3 0ED

Sam

✉ contact@beautifullybalanced.online

Morning Yoga is a steady, feel-good practice that blends yoga-based movement with light balance and coordination work to help you move well and feel ready for the day ahead.

The focus is on maintaining and improving mobility, balance and ease of movement, supporting joints, posture and long-term confidence as your body changes through midlife and post-menopause.

## Older Adults - Mat Based Mobility & Strength

**9:30am - 10:30am (weekly)**

Hatton Jubilee Hall, All Saint's Church  
Station Road Hatton DE65 5EL

Steph Fitzpatrick ☎ 07806 931664

✉ stephjdancefitness@hotmail.co.uk

Join our gentle mat based mobility class for improved joint health, better strength & mobility. Who is this class for?

Older adults, total beginners or those returning to exercise after injury. What to expect? Gentle exercises on a mat, combining Pilates based movements with mobility & rehab exercises. What are the benefits? Improved joint health and reduced joint pain, reduced back pain, increased confidence of movement, improved strength.

## Zumba®

**6:30pm - 7:25pm (weekly)**

Mickleover Memorial Hall, Station Road, Mickleover, Derby DE3 9GH

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Under 18's must be accompanied by their guardian.

## SLIIC©

**6:30pm - 7:30pm (weekly)**

William Shrewsbury Primary School,  
Church Road, Stretton DE13 0HE

Steph Fitzpatrick ☎ 07806 931664

✉ stephjdancefitness@hotmail.co.uk

SLIIC© is a 100% low impact RnB fitness class that combines dance fitness with Pilates inspired bodyweight moves and light dumbbells for full body conditioning. Expect to improve balance and coordination, build strength and resilience and get a cardio dance fix all in one class. Created and delivered by an exercise rehab and back pain specialist, this class disguises movement longevity, injury prevention and rehab concepts into a fun and challenging workout! Bring a mat. Booking required: [www.stephjdancefitness.com](http://www.stephjdancefitness.com)

## Vinyasa flow yoga

**6:30pm - 7:30pm (weekly)**

Winhill Resource Centre- Canterbury Rd, Burton upon Trent, Burton-on-Trent DE15 0HD

Sharon Kerlo

✉ Sharon@innerplaceyoga.com

This class is a vinyasa flow classes, all classes are suitable for beginners. Just bring yourselves with open hearts and a mat. Leave all expectations and come as you are.

## Strength and Cardio fusion

**7:00pm - 7:45pm (weekly)**

Hilton Village Hall, Peacroft Ln, Hilton, Derby DE65 5GH

Sam

✉ contact@beautifullybalanced.online

This class places strength training at the centre of midlife fitness, supported by cardio, balance and agility work to help you feel capable, steady and energised. This class is a great fit if you're new to strength training, returning after a break, or navigating midlife or post-menopause changes and want a clear, supportive way to begin and progress.

## Walking Football

**7:00pm - 8:00pm (weekly)**

Repton School, Repton, Derbyshire

DE65 6FH

Kip Marklew

✉ kip.marklew@gmail.com

Etwall Walking Football Club provides facilities for over 50s to continue playing football during 2 evening sessions and have teams entered in a local league at over 50s and 65s. All welcome.

## Relax and Restore Yoga

**7:50pm - 8:35pm (weekly)**

Hilton Village Hall, Peacroft Ln, Hilton,

Derby DE65 5GH

Sam

✉ contact@beautifullybalanced.online

This calming class is designed to complement Strength & Cardio Fusion or support you at the end of a full day. We move through slow, steady yoga and mobility-focused movement to release tension, support recovery and help your nervous system settle. Breath-led movement and pelvic floor exercises are included to encourage a responsive, adaptable pelvic floor, rather than holding or gripping.

## FRIDAY

### Infinite Tai Chi & Qigong

**9:30am - 10:30am (weekly)**

Findern Village Hall, Castle Hill, Findern, Derby DE65 6AL

Nav Mohain ☎ 07960 125386

✉ Navm1@yahoo.co.uk

Gentle Tai Chi and Qigong classes designed to improve balance, flexibility, and inner calm. Suitable for all levels — including complete beginners. Each session combines mindful movement, deep breathing, and relaxation to support physical, mental, and emotional wellbeing. For more information visit [www.infinitetaichiderby.com](http://www.infinitetaichiderby.com)

### Postural Stability Group

**10:30am - 11:30am (weekly)**

Swadlincote Fire Station, Civic Way, Swadlincote DE11 0AE

Rachel Hudson ☎ 07896 031084

✉ Rachelmhudson@gmail.com

These classes include mainly standing strength and balance exercises with the possibility of some seated strength work. Light refreshments served afterwards.

## Pilates Classes

**12:30pm - 1:15pm (weekly)**

Hilton Village Hall, Peacroft Lane, Hilton DE65 5GH

Steph Fitzpatrick ☎ 07806 931664

✉ stephdancefitness@hotmail.co.uk

A fun and invigorating class designed to keep you moving throughout. Experience the traditional Pilates mat exercises in a workout to strengthen & lengthen with a strong focus on the core. Discover a flowing, pacey movement practice that builds strength from the core whilst building awareness of your body and movement. This is a class that will challenge and change your body, decrease pain symptoms, improve posture and leave you invigorated! First week of the month is Pilates Strong week where we add light dumbbells to our regular Pilates class. Beginners welcome – modifications offered. Bring an exercise mat. Booking required: [www.stephdancefitness.com](http://www.stephdancefitness.com)

### Chair Based Exercise Class

**1:00pm - 2:00pm (weekly)**

Newhall Village Hall, Bretby Road,

Newhall, Swadlincote DE11 0LH

Angela Parker ☎ 07899 916933

✉ a.parker.5@btinternet.com

A 'Live Stronger for Longer' class for Derby & Derbyshire Age UK. Standing and seated strength and balance exercises using ankle weights and resistance bands to improve upper and lower body strength. Weekly PAYG £5.50.

### Rockfit with Sharon

**6:00pm - 7:00pm (weekly)**

Hilton Scout Hut, Peacroft Lane, Hilton Derby DE65 5GH

✉ rockfitwithsharon@gmail.com

Rockfit combines dance fitness, cardio and body toning with a mood-lifting Rock and Metal soundtrack. Exercises can be adapted to suit all fitness levels and we operate a strict 'no judgement' policy - we're all there to have fun and get moving with the bonus of great music to keep us motivated. First class is free – just turn up 10 minutes before the session to fill out a form. Subsequent classes are £6 PAYG or you can buy a 5 class pass for £25. Visit Rockfit with Sharon - Derby on Facebook for more details.

## Restorative yoga class

**6:15pm - 7:00pm (weekly)**

Repton sports centre, Willington Rd, Repton, Derby DE65 6FH

Sharon Kerlo

✉ Sharon@innerplaceyoga.com

A Restorative class which is a gentle, passive practice focused on relaxation and stress reduction through holding supported poses for several minutes or longer. It uses props like blankets, bolsters, and blocks to support the body, allowing for deep rest and a focus on the breath and body sensations. The goal is to calm the nervous system, promote a sense of peace, and provide physical and mental rest.

## SATURDAY

### Zumba®

**9:30am - 10:25am (weekly)**

Mickleover Memorial Hall, Station Road, Mickleover, Derby DE3 9GH

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Under 18's must be accompanied by their guardian.



For more information about our Events, Active Community Directory, Club Development Support and Summer Activities visit [www.southderbyshire.gov.uk](http://www.southderbyshire.gov.uk) or scan the QR Code to visit our Facebook Page.

 Find us on  
**Facebook**  
@ActiveSouthDerbyshire

If you would like this information (Adult Activity Brochure) in a different format or need help, please call our customer services team on 01283 595795, Monday – Friday, 9am - 4.30pm or email [customer.services@southderbyshire.gov.uk](mailto:customer.services@southderbyshire.gov.uk)



# LIVE STRONGER FOR LONGER

Live Stronger for Longer is the falls prevention service for Derbyshire, funded by Derbyshire County Council delivered by Age UK Derby and Derbyshire. Our service helps older adults reduce their falls risks and build strength and balance for everyday life. Get in touch today and start feeling the benefits:

- Better mobility & confidence
- Reduced anxiety about falling
- Lower risk of hip fractures
- Stronger recovery skills
- Greater independence & wellbeing

☎ 01773 766922

🌐 [www.ageuk.org.uk/derbyandderbyshire](http://www.ageuk.org.uk/derbyandderbyshire)



## VOLUNTEERING OPPORTUNITIES

Live Stronger for Longer has volunteer opportunities available across Derbyshire, would you like to lend a hand?

Email [Administration@ageukdd.org.uk](mailto:Administration@ageukdd.org.uk) for more information.

## SAFEGUARDING ADULTS

Abuse causes harm or distress to an older person. It is a violation of an individual's human rights. Abuse can happen anywhere. If you need help please talk to someone. Help is available from Call Derbyshire 01629 533190 or Derby on 01332 640777. In an emergency, always call 999.

We are very happy to talk about Live Stronger for Longer, our fantastic new falls prevention service. If you would like to find out more about the service then our website is a good place to start: [www.ageuk.org.uk/derbyandderbyshire/lslfl/](http://www.ageuk.org.uk/derbyandderbyshire/lslfl/)

If you would like to talk to one of the team call 01773 766922



# Family Fun Day in the Forest

## at Rosliston Forestry Centre

## Friday 24th July & Friday 28th August 2026

## From 10am until 3pm

Pay one entry fee per child to try as many drop in activities as possible across the site!

Activities include Archery, Laser Combat, Inflatables, Sumo Wrestling, Pond Dipping, Den Building, Birds of Prey, Orienteering and much more!

**£10 entry fee** for the first child, £8.50 for all subsequent children in the same transaction



Scan here to see further events at the Forestry Centre

All information listed is correct at the time of printing and subject to change without notice.

The quality of sessions cannot be guaranteed. It is strongly advised that you check:

- Coaches and volunteers are appropriately qualified in their sports/activities.
- Adequate insurance cover is in place.
- The availability of each session/class before attending.

## WE ARE UNDEFEATABLE

Is a national campaign to support the 15 million people who live with one or more long-term health conditions in England.

Launched in August 2019, it aims to help those with conditions such as diabetes, cancer, arthritis and Parkinson's to build physical activity into their lives.

[www.weareundefeatable.co.uk](http://www.weareundefeatable.co.uk)



Join the Movement, is a National Lottery-funded campaign helping us all find ways to get active. We're all about simple, fun

and free ways to get active, both indoors and outdoors, that you can enjoy safely.

[www.sportengland.org/jointhemovement](http://www.sportengland.org/jointhemovement)

## Live Life BETTER DERBYSHIRE

A free healthy lifestyles service that helps you:

- Stop smoking
- Manage your weight
- Get more active
- Identify your health and wellbeing needs

To find out more call: 0800 085 2299 or 01629 538200 [lifelifebetterderbyshire.org.uk](http://lifelifebetterderbyshire.org.uk)



(GAIF) is an outdoor activity programme designed to increase participation in sport and physical activity. Most of the events and activities take place outdoors and make the most of our natural environment.

For more information please contact: 07977 439309 [Get.Active@southderbyshire.gov.uk](mailto:Get.Active@southderbyshire.gov.uk)



## Swadlincote Heritage Trails

Our local history archive, The Magic Attic, contains a vast number of photographs and resources from Swadlincote's past. These, along with research and photographs from individuals, have been used to create a two part trail around Swadlincote - Swadlincote Town Centre and Swadlincote Villages (Church Gresley, Midway, Newhall, Woodville and Hartshorne). The Heritage Trail includes some plaques around the town.

For more information ring 01283 535039 or visit [www.southderbyshire.gov.uk/heritagetrails](http://www.southderbyshire.gov.uk/heritagetrails)

© The Magic Attic

Sharpe's Pottery Museum



Rosliston parkrun and Coronation Park parkrun are free, fun and friendly weekly 5k community events. Walk, jog, run, volunteer or spectate – it's up to you! Both events take place at 9am every Saturday.

Rosliston parkrun: Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote DE12 8JX.

Coronation Park parkrun: Coronation Park, William Nadin Way, Stanton, Swadlincote DE11 0GP

Parkrun is free, but we do ask that you register and get a barcode first so we can scan it and include you in the results.

You can register on the parkrun website: [www.parkrun.org.uk/register](http://www.parkrun.org.uk/register)

# Visit South Derbyshire to find the hidden gems within The National Forest

[www.visitsouthderbyshire.co.uk](http://www.visitsouthderbyshire.co.uk) email: [info@visitsouthderbyshire.co.uk](mailto:info@visitsouthderbyshire.co.uk)

Why not check out your Visitor Information Centre for more information about Arts and Heritage trails that are going on in SD.



South Derbyshire VISITOR INFORMATION Centre

South Derbyshire Visitor Information Centre, 1 High Street, Swadlincote, Derbyshire, DE11 8JG

Visit South Derbyshire [visitsouthderbyshire](https://www.instagram.com/visitsouthderbyshire) 01283 223333





# JOIN US ACROSS SOUTH DERBYSHIRE

At Everyone Active, we pride ourselves in offering activities for all. There really is something to help keep everyone moving. We'd like to share just a few of the activities on offer at Etwall and Green Bank Leisure Centres, which we manage in partnership with South Derbyshire District Council.

## Chair-Based Exercise Class

This accessible instructor-led 45-minute group class uses seated and standing exercises to help improve cardio, strength, mobility and flexibility reducing the risk of falls and increasing confidence. Available at Etwall Leisure Centre and Green Bank Leisure Centre.

## Senior Circuits

Social and adaptable 45-minute instructor-led functional fitness class, which uses a circuit of cardiovascular activity stations and light resistance exercises. Available at Green Bank Leisure Centre.

## Senior Aerobics

Heart-raising, fun, whole body but low-impact, 45-minute instructor-led workout, combining rhythmic movements with stretching and strengthening routines. Available at Etwall Leisure Centre.

## Public Swims

Enjoy a relaxing public swim any day of the week. No membership needed, come along and make use of our pool alone, with friends, or bring the family. Available at Etwall Leisure Centre and Green Bank Leisure Centre.

## Good Boost Aqua

Using pool-based, personalised app technology, Good Boost Aqua helps those managing joint pain move more freely to feel better. Participants follow their own exercise plan delivered on a waterproof tablet poolside, under the guidance of an instructor. Available at Green Bank Leisure Centre.

## Pay & Play Activities

Enjoy a favourite sport or discover a new one in a safe, fun and friendly environment. Activities include senior badminton, pickleball and women's only badminton. Available at Etwall Leisure Centre and Green Bank Leisure Centre (pickleball at Green Bank Leisure Centre only).

## Yoga/Pilates

Stretch and gently strengthen muscles in a relaxing instructor-led group environment with mat-based classes. Sessions range from 45 minutes to an hour. Available at Etwall Leisure Centre and Green Bank Leisure Centre.

## Zumba

Enjoy a full body workout with our instructor-led dance-fitness classes. Blending Latin beats with round the world vibes, movement feels like a party. Sessions range from 45 minutes to an hour. Available at Etwall Leisure Centre and Green Bank Leisure Centre.

## Parkinson's Membership

Recognising the benefits exercise offers to those managing Parkinson's, we offer complimentary membership to those with the condition. Available at Etwall Leisure Centre and Green Bank Leisure Centre.

## Exercise on Referral

12-week personalised programme available on referral from your healthcare provider, designed for those managing long-term health conditions or at risk of developing one, using activity as a way to empower individuals in the management of their condition.

To find out more about any of these or our other activities, visit our centres at:

Green Bank Leisure Centre, Civic Way, Swadlincote DE11 0AD | 01283 216269

Etwall Leisure Centre, Hilton Rd, Etwall, Derby DE65 6HZ | 01283 735404

Or book via the Everyone Active app: [www.everyoneactive.com/mobile-app/](http://www.everyoneactive.com/mobile-app/)

everyone  
ACTIVE