

ADULT ACTIVITY BROCHURE 2026



A guide to the Adult Activity Brochure

Welcome to our Adult Activity Brochure. Inside, you'll find a wide range of activities designed to support your health and wellbeing. Sessions are organised by day and time, making it easy to find opportunities that suit your lifestyle. Use the schedule in this brochure and the index at the back to explore what's available.

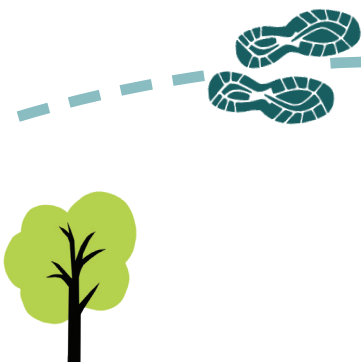
This brochure aligns with our **Get Moving South Derbyshire** Active Wellbeing Strategy, this strategy sets out a bold, collaborative and long term ambition to create a **healthier, happier and more active district** where everyone, regardless of age, background, health or circumstance, has the opportunity, support and motivation to move more and feel better. Through our **Active Communities** strategic theme, we will strengthen social connection, belonging and resilience through community-led opportunities to move more. Together with our communities, we want to create a place where moving more is accessible, inclusive and part of everyday life.



Each activity is delivered by an independent contributor, who is responsible for all aspects of the session, 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

KEY

-  Location
-  Price of session/s
-  Booking required
-  Adaptable intensity
-  Modifications can be made
-  Bring equipment
-  Age restriction



MONDAY

PILATES MAT CLASSES

9:15am - 10:15am

Newton Solney Village Hall, Netwon Road, Burton upon Trent DE15 0SG

Small class sizes taught in a relaxed style to stretch and strengthen muscles and relax the mind. The Pilates exercises will help to improve balance, build core strength, postural alignment and support weight loss. Please bring a mat.

Amanda d'Angibau (Milly) ☎ 07962 249615
amandadangibau@gmail.com
www.vitalhealthpilates.com

£8.50 bank transfer B GYM

ZUMBA®

9:30am - 10:25am

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

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.

24 Fit Derby ☎ 01332 498005
24fitderby@gmail.com f 24fitderby

£1 = £6 4 = £21 8 = £36 Unlimited monthly = £32
Can try for free. Pay online. B GYM

HATHA YOGA

10:00am - 11:00am

Walton-on-Trent Village Hall, 34 Main St, Walton-on-Trent, Swadlincote DE12 8LZ

A slower-paced yoga class, covering fundamental yoga postures, breath control and meditation practices. Each class will cover the basic sun salutations and then introduce a different theme to follow. This class is a great one to start with if you are new to Yoga. Please bring a yoga mat, water and blanket.

Claire McCann ☎ 07716 693400
flowyoga2016@gmail.com
f flowyoga @flow_yoga_uk

£1 = £9 drop-in, 4 consecutive weeks = £32
cash/bank transfer B GYM

WALK & TONE

10:00am - 11:00am

Meeting point changes weekly:

Moira Furnace, Furnace Lane, Moira, Swadlincote DE12 6AT

Albert Village Lake, Occupation Road, Albert Village, Swadlincote DE11 8HD

YHA, Bath Lane, Moira, Swadlincote DE12 6BD

The Pavilion, Church Street, Donisthorpe, Swadlincote DE12 7PX

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. A social and supportive group that normally ends with a coffee/tea in a nearby café.

Sue Williams ☎ 07940 580891

Fit-4-LifePT@outlook.com

f Fit 4 Life Personal Training

£1 = £7.50 4 = £26 cash/card/bank transfer B GYM

GAME OF BOWLS

10:00am onwards

Newton Solney Village Hall, Newton Road Burton upon Trent DE15 0SG

Learn to play crown green bowls, you will have coaching on site. The object is to get yours or your team's bowls closest to the jack. Please wear trainers or flat rubber shoes. Sessions from beginning of April till end of October.

Sandra Press nsvh@btinternet.com

£2 B

STRENGTH & BALANCE (Chair Based Exercise)

10:30am - 12:00pm

Recreation Centre, 1 Shardlow Road, Aston-on-Trent, Derbyshire DE72 2AN

This is a very social chair based strength and balance class; aiming to help encourage mobility and confidence. Using bands and gentle exercises helps to maintain and potentially improve strength and balance in a comfortable environment. We aim to help build friendships as drinks and biscuits are provided after the teaching of the exercises.

Lindsay Robins ☎ 07874 862287

lindsay@footstepstowardstranquility.co.uk

£6.50 cash GYM

PILATES

10:45am - 11:45am

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

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. Please bring a mat.

Ellie Flinton ☎ 07956 377158

elena.flinton@gmail.com

£30 per month, bank transfer B GYM

PILATES MAT CLASSES

10:45am - 11:45am

Online - Zoom

Small class sizes taught in a relaxed style to stretch and strengthen muscles and relax the mind. The Pilates exercises will help to improve balance, build core strength, postural alignment and support weight loss. Please bring a mat.

Amanda d'Angibau (Milly) ☎ 07962 249615

amandadangibau@gmail.com

www.vitalhealthpilates.com

£8.50 bank transfer B GYM

PILATES MAT CLASSES

1:45pm - 2:45pm

Willington Village Hall, Twyford Road, Derby DE65 6DE

Small class sizes taught in a relaxed style to stretch and strengthen muscles and relax the mind. The Pilates exercises will help to improve balance, build core strength, postural alignment and support weight loss. Please bring a mat.

Amanda d'Angibau (Milly) ☎ 07962 249615

amandadangibau@gmail.com

www.vitalhealthpilates.com

£8.50 bank transfer B GYM

CALKE ABBEY WALK

1:45pm - 3:00pm

National Trust Calke Abbey, Ticknall, Derbyshire DE73 7JF

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. Doesn't take place on bank holidays or the 5th Monday of the month.

Get Active in the Forest ☎ 01283 595906

get.active@southderbyshire.gov.uk

www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

Free



NATIONAL MEMORIAL ARBORETUM WALK 2:00pm - 3:00pm

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

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

Get Active in the Forest 📞 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 Free

DROP IN GARDENING (DiG) 2:00pm - 4:00pm

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

We'd love your help to maintain our wildlife, sensory & herb gardens. Helping us with gardening activities can also increase your fitness levels and you will learn some basic gardening skills. We have all the tools you will need. All sessions are free and we are grateful for your help. Sessions mid January to early December, not on bank holidays or in snow. Please bring your own gardening gloves.

Environmental Education Project Team
📞 01283 535039
rosliston@southderbyshire.gov.uk
📘 Environmental Education Project

🕒 Free 📅 🚲 ⚙️ 🛠️

PILATES WITH A TWIST 2:00pm - 3:00pm

📍 Online - Zoom

Transform your daily movement with Pilates with a Twist. Designed around functional, real-world movements, these sessions help you rebuild strength, boost body awareness, and reclaim a confident, "can-do" body. Expect a warm, uncompetitive environment focused entirely on feeling good. Because class sizes are kept intentionally small, you get plenty of personalised guidance tailored to your body. Get ready to move better. Contact Becky to book a free taster session. Extra guidance to help with getting set up with zoom for these classes is available.

Becky Britchford 📞 07970 022101
movewiththought@gmail.com
www.movementwiththought.co.uk

🕒 12 week block £198 First class free. Bank transfer.

📅 🚲 ⚙️ 🛠️

BOXING - LADIES ONLY 5:30pm - 6:30pm

📍 Hilton Village Hall, Peacroft Lane, Hilton, Derby DE65 5GH

Ladies only boxing/boxercise sessions suitable for all. Sessions include fitness, boxing drills and skills and circuits. Come learn something new, get active and have some fun with a great bunch of ladies! Weekly blocks of 6-8 weeks.

Autumn Goodwin 📞 07975 742217
Autumn.goodwin@hotmail.co.uk
📷 @ALG_Boxing 📘 Autumn Goodwin Boxing

🕒 £6 cash/bank transfer 📅 ⚙️

KETTLEBELLS & CORE 6:00pm - 6:45pm

📍 April to September: **Albert Village Recreation Ground, Occupation Road, Swadlincote, DE11 8HA**

October to March: **Granville Academy, Burton Road, Woodville, Swadlincote, DE11 7JR**

Kettlebell and core exercises improve strength, endurance, flexibility, stability, balance and coordination making everyday life easier! Suitable for all ages and fitness levels. Please bring a mat and kettlebells if you have them - these can be purchase or loaned.

Sue Williams 📞 07940 580891
Fit-4-LifePT@outlook.com
📘 Fit 4 Life Personal Training

🕒 1 = £8.50 4 = £30 cash/card/bank transfer

📅 ⚙️ 🛠️

INFINITE TAI CHI & QIGONG 6:15pm - 7:15pm

📍 Mickleover Community Pavilion, Vicarage Road, Mickleover, Derby DE3 0ED

Tai Chi & Qigong for Mind, Body and Spirit. Experience the calming benefits of Tai Chi and Qigong in a friendly and supportive environment. These gentle practices combine flowing movements, breathing techniques, and mindfulness to improve balance, flexibility, energy, relaxation, and emotional wellbeing. Suitable for beginners and all abilities, with no previous experience required. Please bring a mat.

Nav Mohain & Kerri Tew 📞 07960 125386
navm1@yahoo.co.uk
www.infinitetaichiderby.com
📷 @infinitetaichiderby

🕒 £10 cash/bank transfer 📅 ⚙️ 🛠️

WALKING FOOTBALL 7:00pm - 8:00pm

📍 Repton School, Willington Road, Repton, Derby, DE65 6FH

Etwell Walking Football Club provides facilities for over 50s to continue playing football during evening sessions and have teams entered in a local league at over 50s, 65s and 70s. All welcome.

Kip Marklew 📞 07908 713142
kip.marklew@gmail.com

🕒 1 = £6 Month = £18 bank transfer 📅 60+

LINE DANCE 7:00pm - 9:00pm

📍 Linton Village Hall, Winchester Drive, Linton, Swadlincote DE12 6PW

Weekly line dance classes teaching beginner dances up to improver level. Mix of country music and pop and charts music. Great fun with physical and mental health benefits. Beginners 7pm - 8pm, Improvers 8pm - 9pm.

Craig Bembridge-Cooke 📞 07568 558932
Craig832@googlemail.com
📘 CC line dance

🕒 £6 cash/card 📅 ⚙️

SWADLINCOTE TABLE TENNIS 7:00pm - 9:00pm

📍 Granville Academy (Sports Hall), Burton Road, Woodville, Swadlincote DE11 7JR

We have 6 Competition Tables as well as a top of the range Table Tennis Robot! Bats and balls are provided, or you can bring your own! It's a friendly and fun environment! All ages welcome from age 7 to 100! Free coaching given to all!

Pete 📞 07422 686964
tabletenniswad@gmail.com
📘 Swadlincote Table Tennis Club

🕒 £15/month = 2 times/week
£12/month = 1 time/week
cash/bank transfer

📅 🚲 ⚙️ 🛠️



HOT MESS BOOTCAMP

7:00pm – 7:45pm

📍 Melbourne Assembly Rooms, Melbourne DE73 8GF

These ladies-only, circuit-style sessions are designed to be fun, effective and suitable for ALL fitness levels. Whether you're just getting started or already love training, every exercise can be adapted to suit you. The sessions will focus primarily on building strength, with aerobic elements incorporated throughout. Expect feel-good workouts, plenty of laughs, and a brilliant group of like-minded women.

Rosie Cairns ☎07854 317549

rosie@hotmessfitness.co.uk

www.hotmessfitness.co.uk

📷@hotmessfitnessltd 📘Hot Mess Fitness

🕒 £36/month or £12 PAYG, bank transfer 📶 ⚙️

TAEKWONDO CLASS

7:30pm – 8:30pm

📍 St Laurence Church Hall, 79-81 High Street, Measham DE12 7HZ

Sessions are made up of fitness, line work, patterns, self defence, breaking, pad work, and sparring. We have protocol in place for making amendments to all the activities. We are a family-based Martial arts club, with good social events, we do compete at events which are optional.

Mark Shields ☎07795 276302

nfttkd@gmail.com

www.nationalforesttaekwondo.org

🕒 £30 per month, cash/bank transfer 📶 ⚙️

WALKING FOOTBALL

8:00pm – 9:00pm

📍 Green Bank Leisure Centre, Civic Way, Swadlincote DE11 0AD

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

Get Active in the Forest ☎01283 595906

get.active@southderbyshire.gov.uk

www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 £5 cash

TUESDAY

BROADWAY BOOGIE

9:00am – 9:45am

📍 Breedon Parish Hall, Priory Close, Breedon on the Hill, Derbyshire DE73 8LF

Broadway Boogie is a high energy dance fitness workout inspired by musical theatre from stage and screen. Experience the magic of Broadway as you learn iconic routines from legendary musicals like Grease, Six, Mamma Mia, Moulin Rouge, A Chorus Line and many more!

Rachel Lazzari ☎07969 650732

Danceandshakewithrach@gmail.com

📘Dance and Shake with Rach

🕒 1 = £7 5 = £30 cash/card/bank transfer/paypal

📶

MEASHAM WALK & TALK

10:00am – 10:30am

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

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.

Get Active in the Forest ☎01283 595906

get.active@southderbyshire.gov.uk

www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 Free

MOVE IT OR LOSE IT

10:00am – 11:30am

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

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

Ellie Flinton ☎07956 377158

elena.flinton@gmail.com

🕒 £6 (try for free) pay online/cash 📶 ⚙️

ROSLISTON RANGERS

10:00am – 3:00pm

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

Volunteers Needed! 2nd and 4th Tuesday of each month. Make it regular or drop in as you please to help with site maintenance projects, tree work, conservation and wildlife surveys. Training provided. Bring your lunch, drink and gardening gloves.

Environmental Education Project Team

☎01283 535039

rosliston@southderbyshire.gov.uk

📘Environmental Education Project

🕒 Free 📶 ⚙️





SENIOR ADULTS TENNIS GROUP

10:00am - 12:00pm

- 📍 Spring/Summer/Autumn:
Maurice Lea Memorial Park: DE11 9NW
Winter:
Midway Community Centre: DE11 0FF
- 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 and there is a small fee payable for use of indoor facilities.

Parklife Officer ☎️ 01283 228766
parksandgreenspaces@southderbyshire.gov.uk

🕒 Free/Winter: £2.50 cash 50+

PILATES WITH A TWIST

10:00am - 11:00am

- 📍 Online - Zoom

Transform your daily movement with Pilates with a Twist. Designed around functional, real-world movements, these sessions help you rebuild strength, boost body awareness, and reclaim a confident, "can-do" body. Expect a warm, uncompetitive environment focused entirely on feeling good. Because class sizes are kept intentionally small, you get plenty of personalised guidance tailored to your body. Get ready to move better. Contact Becky to book a free taster session. Extra guidance to help with getting set up with zoom for these classes is available.

Becky Britchford ☎️ 07970 022101
movewiththought@gmail.com
www.movementwiththought.co.uk

🕒 12 week block £198 First class free. Bank transfer.

🕒 50+ 🧘 🏋️

EUREKA PARK GARDENING GROUP

10:30am - 12:30pm

- 📍 Miner's Memorial Gardens, Eureka Park,
Newhall Road, Swadlincote DE11 0BA

The Miner's Memorial Garden has now been planted. Come and be a part of the gardening group that is keeping the garden looking its best. Meet for two hours a month. During the gardening session you will have the opportunity to meet new people, learn new skills and share your skills. All gardening equipment is provided along with refreshments. On the 2nd Tuesday of each month.

Chioma Schramm ☎️ 01283 228766
parksandgreenspaces@southderbyshire.gov.uk

🕒 Free 🧘 🏋️

FITSTEPS®

10:30am - 11:15am

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

FitSteps® combines the graceful steps of the Ballroom with the up-tempo Latin steps to provide a fun and effective workout! There is no need for a partner and it is suitable for all ages & abilities! We guarantee that you will fall in love with FitSteps® once you try it!

Rachel Lazzari ☎️ 07969 650732
Danceandshakewithrach@gmail.com
📘 Dance and Shake with Rach

🕒 1 = £7.5 = £30 cash/card/bank transfer/paypal

🕒 50+

HOT MESS MAMAS

11:00am - 12:00pm

- 📍 Moira Village Hall, Ashby Road, Moira
DE12 6DZ

The classes are suited to mums in their first year after childbirth, who have had their postnatal check and are clear to exercise. An opportunity to meet other like-minded mums and enjoy getting back into exercise postpartum. Classes are based upon a supportive, full body strength and conditioning session, with a focus around core and pelvic floor strengthening. We will finish with some well-earned stretching. Exercises will be tailored to meet your stage of recovery and fitness level.

Rosie Cairns ☎️ 07854 317549
rosie@hotmessfitness.co.uk
www.hotmessfitness.co.uk

📱 @hotmessfitnessltd 📘 Hot Mess Fitness

🕒 £7.50/session (payable upfront per block)

🕒 50+

OVERSEAL WALK

1:30pm - 3:30pm

- 📍 Changes regularly - contact us

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

Get Active in the Forest ☎️ 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 Free



BAT & CHAT: TABLE TENNIS 2:00pm - 4:00pm

📍 **The Studio Room, Melbourne Assembly Rooms, Melbourne DE73 8GF**

A two hour session with a 20 minute tea break for tea & biscuits with a chat.

Carl Barcock ☎ 07539 329966
melbourneswifts@gmail.com
www.swiftstabledtennis.co.uk

🕒 £3 cash 50+

PILATES FLOW 5:30pm - 6:15pm

📍 **Rolleston Club, 15 Burnside, Burton upon Trent DE13 9ND**

Classical Flow Pilates class, a fun and invigorating style of Pilates designed to keep you moving the whole way through. Experience the traditional Pilates mat exercises in a workout to strengthen, lengthen and breathe with a strong focus on the core. If you've ever been curious about trying Pilates... maybe you've heard about all the benefits it can provide... but you've always thought it's "not for me"... Come challenge your perceptions with our group class. Discover a flowing, pacey movement practice that builds strength from the core whilst building awareness of your body and movement. This is not a class where you'll be meditating or falling asleep... this is a class that will challenge and change your body, decrease pain symptoms, improve posture and leave you invigorated! Please bring a mat.

Steph ☎ 07806 931664
stephdancefitness@hotmail.co.uk
www.stephdancefitness.com
f Steph J Dance Fitness

🕒 1 = £7 10 = £60 cash/bank transfer B ⚙️ 🦿

BOXING - LADIES ONLY 5:30pm - 6:30pm

📍 **Hilton Village Hall, Peacroft Lane, Hilton Derby DE65 5GH**

Ladies only boxing/boxercise sessions suitable for all. Sessions include fitness, boxing drills and skills and circuits. Come learn something new, get active and have some fun with a great bunch of ladies! Weekly blocks of 6-8 weeks.

Autumn Goodwin ☎ 07975 742217
Autumn.goodwin@hotmail.co.uk
@ALG_Boxing f Autumn Goodwin Boxing

🕒 £6 cash/bank transfer B ⚙️ 🦿

FITSTEPS® 15:45pm - 6:30pm

📍 **Repton Village Hall, 58 Askew Grove, Derby DE65 6GR**

FitSteps® combines the graceful steps of the Ballroom with the up-tempo Latin steps to provide a fun and effective workout! There is no need for a partner and it is suitable for all ages & abilities! We guarantee that you will fall in love with FitSteps® once you try it!

Rachel Lazzari ☎ 07969 650732
Danceandshakewithrach@gmail.com
f Dance and Shake with Rach

🕒 1 = £7 5 = £30 cash/card/bank transfer/paypal B

TOUCH GRASS WALK 6:00pm - 6:40pm

📍 **Eureka Park (Midland Road Entrance), Newhall Road, Swadlincote DE11 0BA**

Community walks for everyone. Friendly, relaxed walks where everyone is welcome. Get outside, have a chat and feel better for it. Walk. Talk. Reset. No pressure or judgement - just good people and good conversations.

Get Active in the Forest ☎ 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 Free

WALKING FOOTBALL 6:00pm - 7:00pm

📍 **Etwall Leisure Centre, Hilton Road, Etwall DE65 6HZ**

Join us for a more gentle walking football session every other Tuesday for those less able or injury returners. Etwall Walking Football Club provides facilities for over 50s to continue playing football during evening sessions and have teams entered in a local league at over 50s, 65s and 70s. All welcome.

Kip Marklew ☎ 07908 713142
kip.marklew@gmail.com

🕒 1 = £6 Month = £18 bank transfer B 50+

PURE PILATES 6:00pm - 7:00pm

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

My classes are warm, friendly, welcoming and supportive. Each session is a safe, inclusive space in which clients are encouraged to move with kindness, curiosity and confidence, free from judgement or pressure. Together we are not just exercising, we are investing in our future health, carving out a life with greater mobility, strong foundational muscles to support the spine, knees, hips. Pilates helps improve posture, flexibility, is safe for our joints and is effective for stress management and relaxation. If you have them, please bring a mat, Pilates soft ball, resistance band and Pilates circle - these can be borrowed initially.

Sarah Weavers ☎ 07841 865693
purepilateswithsarah@gmail.com
www.purepilates.uk

🕒 £35 monthly £60 for 5 passes (3 month expiry) cash/bank transfer B ⚙️ 🦿

HATHA YOGA 6:00pm - 7:00pm

📍 **Walton-on-Trent Village Hall, 34 Main St, Walton-on-Trent, Swadlincote DE12 8LZ24**

A slower-paced yoga class, covering fundamental yoga postures, breath control and meditation practices. Each class will cover the basic sun salutations and then introduce a different theme to follow. This class is a great one to start with if you are new to Yoga. Please bring a yoga mat, water and blanket.

Claire McCann ☎ 07716 693400
flowyoga2016@gmail.com
f @flowyoga @flow_yoga_uk

🕒 1 = £9 drop-in, 4 consecutive weeks = £32 cash/bank transfer B ⚙️ 🦿



SWAD JOGGERS

6:20pm onwards

- 📍 Summer: **Maurice Lea Memorial Park, York Road, Church Gresley DE11 9NW**
Winter: **Town Hall, The Delph, Swadlincote High Street, DE11 0AG**
- Swad Joggers is a fun, friendly and free running and walking group, open to everyone—no matter your experience or ability. The club offers a variety of groups that meet twice a week from 3 to 6 miles, Couch to 5k plus a walking group these are all lead by fully trained and supportive leaders. Our routes explore the local areas, making every session enjoyable and varied. Whether you're looking to improve your fitness, get outdoors, or meet new people socially, you'll find a place with us. Come along, give it a try, and be part of a supportive community that keeps moving together.

Mollie, Lindsey & Alan
swadjoggers@gmail.com
www.jogderbyshire.co.uk/group/swad-joggers Swad Joggers

Free

ZUMBA®

6:30pm - 7:25pm

- 📍 **Newton Solney Village Hall, Newton Road, Burton upon Trent DE15 0SG**

I run community Zumba® classes. The aim is to socialise, get some good exercise, work on that brain-body connection by learning new simple dance routines and have a lot of fun. All skill levels. No experience necessary. A wide range of fitness levels are catered for through higher or lower intensity options. All I ask is that you leave your inhibitions at the door, keep moving, don't worry too much about the moves and enjoy dancing! These classes are welcoming and inclusive and I hope you can join us!

Katy Strudwick 📞 07906 910313
katystrud@hotmail.co.uk

£5 cash/bank transfer

FITSTEPS® DANCE FITNESS

6:30pm - 7:30pm

- 📍 **Rolleston Club, 15 Burnside, Burton upon Trent DE13 9ND**

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! Please bring water and a sweat towel.

Steph 📞 07806 931664
stephjdancefitness@hotmail.co.uk
www.stephjdancefitness.com
 Steph J Dance Fitness

1 = £7 10 = £60 cash/bank transfer

KONGA WITH BETH & LISA

6:35pm - 7:30pm

- 📍 **Stenson Fields Community Centre, Chartley Road, Stenson Fields, Derby DE24 3BT**
- Konga is a combination of boxing, dance, cardio and toning work all done to great music with high and low impact options available. 2 instructors lead you through simple routines with no more than 4 moves so it's easy to pick up and give it your all. Burns approx. 500 calories per session. Please bring water and a sweat towel.

Bethan Moorley & Lisa Leigh
📞 07595 513573 bkmoorley@icloud.com
 Lisa Leigh Fitness The Jungle Body with Beth

£7 cash/card

SOUND BATH

7:00pm - 8:00pm

- 📍 **Walton-on-Trent Village Hall, 34 Main St, Walton-on-Trent, Swadlincote DE12 8LZ24**

My monthly Sound Baths are designed to help you switch off and relax. Triggering a deep sense of relaxation as we move from our busy beta-thinking mind to alpha waves, slowing our mind to a more peaceful and relaxed theta state through the use of feel-good frequencies. Please bring a yoga mat or chair, blanket, cushion, water and anything to make you feel warm and comfortable.

Claire McCann 📞 07716 693400
flowyoga2016@gmail.com
 @flowyoga.co.uk @flow_yoga_uk

£15 cash/bank transfer

STRENGTH & CARDIO FUSION

7:15pm - 8:00pm

- 📍 **Hilton Village Hall, Peacroft Lane, Hilton, Derby DE65 5GH**

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. Please bring a mat.

Samantha Dinnage 📞 07483 290030
contact@beautifullybalanced.online
www.beautifullybalanced.online
 Beautifully Balanced

1 = £10 4/month = £35 Unlimited/month = £50
Pay online

POUND®

7:25pm - 8:15pm

- 📍 **Mickleover Community Pavilion, Vicarage Road, Mickleover, Derby DE3 0ED**

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 a mat.

24 Fit Derby 📞 01332 498005
24fitderby@gmail.com 24fitderby

1 = £6 4 = £21 8 = £36 Unlimited monthly = £32
Can try for free. Pay online.

RELAX & RESTORE YOGA

8:05pm - 8:50pm

- 📍 **Hilton Village Hall, Peacroft Lane, Hilton, Derby DE65 5GH**

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. Please bring a mat.

Samantha Dinnage 📞 07483 290030
contact@beautifullybalanced.online
www.beautifullybalanced.online
 Beautifully Balanced

1 = £10 4/month = £35 Unlimited/month = £50
Pay online





WEDNESDAY

PURE PILATES 9:00am - 10:00am

📍 Mease Pavilion, Hilton, Derby DE65 5LS

My classes are warm, friendly, welcoming and supportive. Each session is a safe, inclusive space in which clients are encouraged to move with kindness, curiosity and confidence, free from judgement or pressure. Together we are not just exercising, we are investing in our future health, carving out a life with greater mobility, strong foundational muscles to support the spine, knees, hips. Pilates helps improve posture, flexibility, is safe for our joints and is effective for stress management and relaxation. If you have them, please bring a mat, Pilates soft ball, resistance band and Pilates circle - these can be borrowed initially.

Sarah Weavers 📞 07841 865693
purepilateswithsarah@gmail.com
www.purepilates.uk

🕒 £35 monthly £60 for 5 passes (3 month expiry)
cash/bank transfer ⓘ ⚙️ 🔑

PILATES MAT CLASSES 9:15am - 10:15am

📍 Newton Solney Village Hall, Netwon Road, Burton upon Trent DE15 0SG

Small class sizes taught in a relaxed style to stretch and strengthen muscles and relax the mind. The Pilates exercises will help to improve balance, build core strength, postural alignment and support weight loss. Please bring a mat.

Amanda d'Angibau (Milly) 📞 07962 249615
amandadangibau@gmail.com
www.vitalhealthpilates.com

🕒 £8.50 bank transfer ⓘ ⚙️ 🔑

FITSTEPS® DANCE FITNESS 9:30am - 10:30am

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

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! Please bring water and a sweat towel.

Steph 📞 07806 931664
stephdancefitness@hotmail.co.uk
www.stephdancefitness.com
📘 Steph J Dance Fitness

🕒 1 = £7 10 = £60 cash/bank transfer ⓘ ⚙️ 🔑

HATHA YOGA 9:30am - 10:30am

📍 War Memorial Hall, Chellaston Lane, Aston on Trent DE72 2AX

Gentle hatha yoga class, suitable for beginners/intermediate abilities. Hatha yoga promotes physical strength, flexibility, muscle tone and an increased sense of mental wellbeing. Each session involves relaxation/stretching at the beginning of the class, asanas (yoga postures), breath awareness, incorporating breathing exercises, and ends with a guided relaxation. Please bring a mat.

Karen Howard 📞 07977 789992
karen.howard191@btinternet.com

🕒 1 = £7.50 6 = £39 cash/bank transfer ⓘ ⚙️ 🔑

GREEN BANK WALK 10:00am - 11:00am

📍 Green Bank Leisure Centre, Civic Way, Swadlincote DE11 0AD

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

Get Active in the Forest 📞 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 Free

WALK & TONE 10:00am - 11:00am

📍 Meeting point changes weekly:

Moirra Furnace, Furnace Lane, Moira, Swadlincote DE12 6AT

Albert Village Lake, Occupation Road, Albert Village, Swadlincote DE11 8HD

YHA, Bath Lane, Moira, Swadlincote DE12 6BD

The Pavilion, Church Street, Donisthorpe, Swadlincote DE12 7PX

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. A social and supportive group that normally ends with a coffee/tea in a nearby café.

Sue Williams 📞 07940 580891
Fit-4-LifePT@outlook.com
📘 Fit 4 Life Personal Training

🕒 1 = £7.50 4 = £26 cash/card/bank transfer

ⓘ ⚙️ 🔑

NEWHALL PARK GARDENING GROUP

10:00am – 12:00pm

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

Join a friendly social 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. Monthly on the last Wednesday of the month.

Parklife Officer ☎ 01283 228766
parksandgreenspaces@southderbyshire.gov.uk

🆓 Free 🚗

ROSLISTON FORESTRY CENTRE WALK

10:30am – 11:30am

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

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.

Get Active in the Forest ☎ 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🆓 Free

PURE PILATES

6:00pm – 7:00pm

📍 Frank Wickham Hall, Portland Street,
Etwall, Derby DE65 6JF

My classes are warm, friendly, welcoming and supportive. Each session is a safe, inclusive space in which clients are encouraged to move with kindness, curiosity and confidence, free from judgement or pressure. Together we are not just exercising, we are investing in our future health, carving out a life with greater mobility, strong foundational muscles to support the spine, knees, hips. Pilates helps improve posture, flexibility, is safe for our joints and is effective for stress management and relaxation. If you have them, please bring a mat, Pilates soft ball, resistance band and Pilates circle – these can be borrowed initially.

Sarah Weavers ☎ 07841 865693
purepilateswithsarah@gmail.com
www.purepilates.uk

🕒 £35 monthly £60 for 5 passes (3 month expiry)
cash/bank transfer 📱 ⚙️ 🚗



YOUR YOGA YARD

6:15pm – 7:30pm

📍 Linton Village Hall, Winchester Drive,
Linton, Swadlincote DE12 6PW

Each week we start with a guided meditation relevant to the season, followed by some breath work. We then begin our movement - a 40 minute seasonal flow - the same flow for a 10 week block. We end with Savasana (relaxation) including optional hands-on relaxation assists/reiki & essential oils. We include a weekly affirmation which we take into our week with us. If you are looking for an hour of calm with connection, come along and join us, you really will be welcomed with a smile. If you have them please bring a mat, blocks, a strap and blanket.

Debby Hammond ☎ 07967 180225
📱 Your Yoga Yard 📧 @youryogayard

🕒 1 = £9 6 = £45 (6 month expiry) cash/card/
bank transfer 📱 ⚙️ 🚗

INFINITE TAI CHI & QIGONG

6:15pm – 7:15pm

📍 Mickleover Community Pavilion, Vicarage
Road, Mickleover, Derby DE3 0ED

Tai Chi & Qigong for Mind, Body and Spirit. Experience the calming benefits of Tai Chi and Qigong in a friendly and supportive environment. These gentle practices combine flowing movements, breathing techniques, and mindfulness to improve balance, flexibility, energy, relaxation, and emotional wellbeing. Suitable for beginners and all abilities, with no previous experience required. Please bring a mat.

Nav Mohain & Kerri Tew ☎ 07960 125386
navm1@yahoo.co.uk
www.infinitetaichiderby.com
📱 @infinitetaichiderby

🕒 £10 cash/bank transfer 📱 ⚙️ 🚗

ROCKFIT WITH SHARON

6:30pm – 7:30pm

📍 Chellaston Academy, Main Hall,
Swarkestone Road DE73 5UB

RockFit is the UK's biggest Rock and Metal dance fitness brand. There is dancing, squatting, punching, innuendo and great music. A 60-minute class involving cardio and body sculpting moves to give you a workout as you rock out. RockFit is for everybody and every body. Joining RockFit means joining an amazing community of positive and inspiring people. If you can't dance or don't feel like you're fit; don't worry! We all start somewhere!

Sharon Baker ☎ 07967 180225
RockFitwithSharon@gmail.com
📱 RockFit with Sharon

🕒 1 = £6 5 = £25 (6 month expiry)
cash/bank transfer 📱 ⚙️

THE JUNGLE BODY WITH BETH

6:30pm – 7:30pm

📍 Mickleover Pavilion, Vicarage Road,
Derby DE3 0ED

This class is a high energy workout inclusive to all with high and low impact options available. Expect dance, boxing, cardio and light dumbbells. Please bring a yoga mat.

Beth Moorley ☎ 07403 241230
bkmoorley@icloud.com

📱 The Jungle Body with Beth

🕒 £6 cash/card 📱 ⚙️ 🚗

PILATES MAT CLASSES

6:45pm – 7:45pm

📍 Online - Zoom

Small class sizes taught in a relaxed style to stretch and strengthen muscles and relax the mind. The Pilates exercises will help to improve balance, build core strength, postural alignment and support weight loss. Please bring a mat.

Amanda d'Angibau (Milly) ☎ 07962 249615
amandadangibau@gmail.com
www.vitalhealthpilates.com

🕒 £8.50 bank transfer 📱 ⚙️ 🚗

CLUBBERCISE®

7:00pm – 7:55pm

📍 Murray Park Community School, Murray
Road, Mickleover, Derby DE3 9LL

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..

24 Fit Derby ☎ 01332 498005
24fitderby@gmail.com 📱 24fitderby

🕒 1 = £6 4 = £21 8 = £36 Unlimited monthly = £32
Can try for free. Pay online. 📱 ⚙️ 🚗



PURE PILATES

7:00pm – 8:00pm

📍 Frank Wickham Hall, Portland Street, Etwell, Derby DE65 6JF

My classes are warm, friendly, welcoming and supportive. Each session is a safe, inclusive space in which clients are encouraged to move with kindness, curiosity and confidence, free from judgement or pressure. Together we are not just exercising, we are investing in our future health, carving out a life with greater mobility, strong foundational muscles to support the spine, knees, hips. Pilates helps improve posture, flexibility, is safe for our joints and is effective for stress management and relaxation. If you have them, please bring a mat, Pilates soft ball, resistance band and Pilates circle – these can be borrowed initially.

Sarah Weavers ☎ 07841 865693
purepilateswithsarah@gmail.com
www.purepilates.uk

🕒 £35 monthly £60 for 5 passes (3 month expiry)
cash/bank transfer 📱 ⚙️ 🔧

SWADLINCOTE TABLE TENNIS

7:00pm – 9:00pm

📍 Grove Building, Green Bank Leisure Centre, Swadlincote, DE11 0AD

We have 8 Competition Tables as well as a top of the range Table Tennis Robot! Bats and balls are provided, or you can bring your own! It's a friendly and fun environment! All ages welcome from age 7 to 100! Free coaching given to all!

Pete ☎ 07422 686964
tabletenniswad@gmail.com
📱 Swadlincote Table Tennis Club

🕒 £15/month = 2 times/week
£12/month = 1 time/week
cash/bank transfer 📱 ⚙️ 🔧



THURSDAY

PURE PILATES

9:00am – 10:00am

📍 Hilton Village Hall, Peacroft Lane, Hilton, Derby DE65 5GH

My classes are warm, friendly, welcoming and supportive. Each session is a safe, inclusive space in which clients are encouraged to move with kindness, curiosity and confidence, free from judgement or pressure. Together we are not just exercising, we are investing in our future health, carving out a life with greater mobility, strong foundational muscles to support the spine, knees, hips. Pilates helps improve posture, flexibility, is safe for our joints and is effective for stress management and relaxation. If you have them, please bring a mat, Pilates soft ball, resistance band and Pilates circle – these can be borrowed initially.

Sarah Weavers ☎ 07841 865693
purepilateswithsarah@gmail.com
www.purepilates.uk

🕒 £35 monthly £60 for 5 passes (3 month expiry)
cash/bank transfer 📱 ⚙️ 🔧

FITSTEPS®

9:15am – 10:05am

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

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!

24 Fit Derby ☎ 01332 498005
24fitderby@gmail.com 📱 24fitderby

🕒 1 = £6 4 = £21 8 = £36 Unlimited monthly = £32
Can try for free. Pay online. 📱 ⚙️ 🔧

PILATES MAT CLASSES

9:15am – 10:15am

📍 Repton Village Hall, 58 Askew Grove, Derby DE65 6GR

Small class sizes taught in a relaxed style to stretch and strengthen muscles and relax the mind. The Pilates exercises will help to improve balance, build core strength, postural alignment and support weight loss. Please bring a mat.

Amanda d'Angibau (Milly) ☎ 07962 249615
amandadangibau@gmail.com
www.vitalhealthpilates.com

🕒 £8.50 bank transfer 📱 ⚙️ 🔧

MAT MOBILITY & STRENGTH

9:30am – 10:30am

📍 Hatton Jubilee Hall, Station Road, Hatton DE65 5EL

Join our gentle mat based mobility class for improved joint health, better strength & mobility. Please bring a mat and exercise bands (optional). 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 and improved strength.

Steph ☎ 07806 931664
stephdancefitness@hotmail.co.uk
www.stephdancefitness.com

📱 Steph J Dance Fitness

🕒 1 = £7 10 = £60 cash/bank transfer 📱 ⚙️ 🔧

MEASHAM WALK & TALK

10:00am – 10:30am

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

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.

Get Active in the Forest ☎ 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 Free

NORDIC WALKING

10:00am – 11:00am

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

Ideal for beginners and experienced Nordic Walkers. You can bring own Nordic Walking poles if you have them, but they can be borrowed. Meet on the picnic area.

Get Active in the Forest ☎ 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 £4.50 if hiring poles, £2.50 if using own poles
cash/card 📱

CORONATION PARK WALK

10:00am – 11:00am

📍 Coronation Park car park, William Nadin Way, Stanton, Swadlincote DE11 0UH

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.

Get Active in the Forest ☎ 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 Free



PILATES WITH A TWIST

10:15am – 11:15am

📍 **Hilton Village Hall, Peacroft Lane, Hilton, Derby DE65 5GH**

Transform your daily movement with Pilates with a Twist. Designed around functional, real-world movements, these sessions help you rebuild strength, boost body awareness, and reclaim a confident, "can-do" body. Expect a warm, uncompetitive environment focused entirely on feeling good. Because class sizes are kept intentionally small, you get plenty of personalised guidance tailored to your body. Get ready to move better. Contact Becky to book a free taster session. Extra guidance to help with getting set up with zoom for these classes is available.

Becky Britchford 📞 07970 022101
movewiththought@gmail.com
www.movementwiththought.co.uk

🕒 12 week block £198 First class free. Bank transfer.



FITSTEPS®

9:15am – 10:05am

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

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!

24 Fit Derby 📞 01332 498005
24fitderby@gmail.com [f 24fitderby](https://www.facebook.com/24fitderby)

🕒 1 = £6 4 = £21 8 = £36 Unlimited monthly = £32
 Can try for free. Pay online.

MEASHAM WALKING GROUP

10:30am – 12:00pm

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

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.

Get Active in the Forest 📞 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 Free

PILATES MAT CLASSES

10:45am – 11:45am

📍 **Repton Village Hall, 58 Askew Grove, Derby DE65 6GR**

Small class sizes taught in a relaxed style to stretch and strengthen muscles and relax the mind. The Pilates exercises will help to improve balance, build core strength, postural alignment and support weight loss. Please bring a mat.

Amanda d'Angibau (Milly) 📞 07962 249615
amandadangibau@gmail.com
www.vitalhealthpilates.com

🕒 £8.50 bank transfer

TOUCH GRASS WALK

12:45pm – 1:15pm

📍 **Albert Village Lake, Occupation Road, Albert Village, Swadlincote DE11 8HD**

Community walks for everyone. Friendly, relaxed walks where everyone is welcome. Get outside, have a chat and feel better for it. Walk. Talk. Reset. No pressure or judgement – just good people and good conversations.

Get Active in the Forest 📞 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 Free

WILLINGTON WALK

1:30pm – 2:30pm

📍 **Canal/Picnic Area car park, Willington DE65 6BP**

What3Words: online//shippers//juggles

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

Get Active in the Forest 📞 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 Free

PILATES MAT CLASSES

2:00pm – 3:00pm

📍 **Repton Village Hall, 58 Askew Grove, Derby DE65 6GR**

Small class sizes taught in a relaxed style to stretch and strengthen muscles and relax the mind. The Pilates exercises will help to improve balance, build core strength, postural alignment and support weight loss. Please bring a mat.

Amanda d'Angibau (Milly) 📞 07962 249615
amandadangibau@gmail.com
www.vitalhealthpilates.com

🕒 £8.50 bank transfer

SENIOR ADULTS BOWLS GROUP

2:00pm – 3:45pm

📍 **Maurice Lea Memorial Park, York Road, Swadlincote DE11 9NW**

Free social Bowls sessions for over 50s May – September. Borrow kit for free or bring your own kit if you prefer. Friendly group of players of mixed ability. New members always welcome. Please wear suitable footwear for Bowls Green.

Parklife Officer 📞 01283 228766
parksandgreenspaces@southderbyshire.gov.uk

🕒 Free



BROADWAY BOOGIE

6:00pm - 6:45pm

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

Broadway Boogie is a high energy dance fitness workout inspired by musical theatre from stage and screen. Experience the magic of Broadway as you learn iconic routines from legendary musicals like Grease, Six, Mamma Mia, Moulin Rouge, A Chorus Line and many more!

Rachel Lazzari ☎07969 650732

Danceandshakewithrach@gmail.com

📘 Dance and Shake with Rach

🕒 1 = £7 5 = £30 cash/card/bank transfer/paypal



S G YOGA

6:00pm - 7:00pm

📍 Swadlincote Town Hall, 3 Midland Road, Swadlincote DE11 0AG

A relaxed fun class with a very different outlook on Yoga. The classes are based around Yoga flow, DDPY and my own strength and conditioning experience. This is a very different way of looking at yoga and classes are encouraged to enjoy themselves and not suffer in silence. With the community WhatsApp group, suggestions for class focuses are always welcome and accommodated. Come and try for free, you've got nothing to lose! Please bring a mat and towel.

Spencer ☎07958 548417

coachspencergeorge@outlook.com

🕒 £5 first session free cash/card 🧘🏻👤🔗

SWAD JOGGERS

6:20pm onwards

📍 Summer: Maurice Lea Memorial Park, York Road, Church Gresley DE11 9NW

Winter: Town Hall, The Delph, Swadlincote High Street, DE11 9DA

Swad Joggers is a fun, friendly and free running and walking group, open to everyone—no matter your experience or ability. The club offers a variety of groups that meet twice a week from 3 to 6 miles, Couch to 5k plus a walking group these are all lead by fully trained and supportive leaders. Our routes explore the local areas, making every session enjoyable and varied. Whether you're looking to improve your fitness, get outdoors, or meet new people socially, you'll find a place with us. Come along, give it a try, and be part of a supportive community that keeps moving together.

Mollie, Lindsey & Alan

Swadjoggers@gmail.com

www.jogderbyshire.co.uk/group/swad-joggers

📘 Swad Joggers

🕒 Free 🧘🏻👤🔗

ZUMBA®

6:30pm - 7:25pm

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

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.

24 Fit Derby ☎01332 498005

24fitderby@gmail.com 📘 24fitderby

🕒 1 = £6 4 = £21 8 = £36 Unlimited monthly = £32

Can try for free. Pay online. 🕒 🧘🏻👤🔗

SLIIC® FITNESS

6:30pm - 7:30pm

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

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! Please bring a mat.

Steph ☎07806 931664

stephjdancefitness@hotmail.co.uk

www.stephjdancefitness.com

📘 Steph J Dance Fitness

🕒 1 = £7 10 = £60 cash/bank transfer 🕒 🧘🏻👤🔗

STRENGTH & CARDIO FUSION

7:00pm - 7:45pm

📍 Hilton Village Hall, Peacroft Lane, Hilton, Derby DE65 5GH

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. Please bring a mat.

Samantha Dinnage ☎07483 290030

contact@beautifullybalanced.online

www.beautifullybalanced.online

📘 Beautifully Balanced

🕒 1 = £10 4/month = £35 Unlimited/month = £50

Pay online 🕒 🧘🏻👤🔗

FITSTEPS®

7:00pm - 7:45pm

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

FitSteps® combines the graceful steps of the Ballroom with the up-tempo Latin steps to provide a fun and effective workout! There is no need for a partner and it is suitable for all ages & abilities! We guarantee that you will fall in love with FitSteps® once you try it!

Rachel Lazzari ☎07969 650732

Danceandshakewithrach@gmail.com

📘 Dance and Shake with Rach

🕒 1 = £7 5 = £30 cash/card/bank transfer/paypal

WALKING FOOTBALL

7:00pm - 8:00pm

📍 Repton School, Willington Road, Repton, Derby, DE65 6FH

Etwell Walking Football Club provides facilities for over 50s to continue playing football during evening sessions and have teams entered in a local league at over 50s, 65s and 70s. All welcome.

Kip Marklew ☎07908 713142

kip.marklew@gmail.com

🕒 1 = £6 Month = £18 cash/card 🕒 50+

SWADLINCOTE TABLE TENNIS

7:00pm - 9:00pm

📍 Granville Academy (Sports Hall), Burton Road, Woodville, Swadlincote DE11 7JR

We have 6 Competition Tables as well as a top of the range Table Tennis Robot! Bats and balls are provided, or you can bring your own! It's a friendly and fun environment! All ages welcome from age 7 to 100! Free coaching given to all!

Pete ☎07422 686964

tabletenniswad@gmail.com

📘 Swadlincote Table Tennis Club

🕒 £15/month = 2 times/week

£12/month = 1 time/week.

Cash or bank transfer. 🕒 🧘🏻👤🔗

RELAX & RESTORE YOGA

7:50pm - 8:45pm

📍 Hilton Village Hall, Peacroft Lane, Hilton, Derby DE65 5GH

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 and help your nervous system settle. Please bring a mat.

Samantha Dinnage ☎07483 290030

contact@beautifullybalanced.online

www.beautifullybalanced.online

📘 Beautifully Balanced

🕒 1 = £10 4/month = £35 Unlimited/month = £50

Pay online 🕒 🧘🏻👤🔗

FRIDAY

PURE PILATES

9:00am – 10:00am

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

My classes are warm, friendly, welcoming and supportive. Each session is a safe, inclusive space in which clients are encouraged to move with kindness, curiosity and confidence, free from judgement or pressure. Together we are not just exercising, we are investing in our future health, carving out a life with greater mobility, strong foundational muscles to support the spine, knees, hips. Pilates helps improve posture, flexibility, is safe for our joints and is effective for stress management and relaxation. If you have them, please bring a mat, Pilates soft ball, resistance band and Pilates circle – these can be borrowed initially.

Sarah Weavers ☎07841 865693
purepilateswithsarah@gmail.com
www.purepilates.uk

🕒 £35 monthly £60 for 5 passes (3 month expiry)
cash/bank transfer 📱 ⚙️ 🔑

PILATES MAT CLASSES

9:15am – 10:15am

📍 Repton Village Hall, 58 Askew Grove, Derby DE65 6GR

Small class sizes taught in a relaxed style to stretch and strengthen muscles and relax the mind. The Pilates exercises will help to improve balance, build core strength, postural alignment and support weight loss. Please bring a mat.

Amanda d'Angibau (Milly) ☎07962 249615
amandadangibau@gmail.com
www.vitalhealthpilates.com

🕒 £8.50 bank transfer 📱 ⚙️ 🔑

INFINITE TAI CHI & QIGONG

9:30pm – 10:30pm

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

Tai Chi & Qigong for Mind, Body and Spirit. Experience the calming benefits of Tai Chi and Qigong in a friendly and supportive environment. These gentle practices combine flowing movements, breathing techniques, and mindfulness to improve balance, flexibility, energy, relaxation, and emotional wellbeing. Suitable for beginners and all abilities, with no previous experience required. Please bring a mat.

Nav Mohain & Kerri Tew ☎07960 125386
navm1@yahoo.co.uk

www.infinitetaichiderby.com

📱 @infinitetaichiderby

🕒 £9 cash/bank transfer 📱 ⚙️ 🔑

PURE PILATES

10:00am – 11:00am

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

My classes are warm, friendly, welcoming and supportive. Each session is a safe, inclusive space in which clients are encouraged to move with kindness, curiosity and confidence, free from judgement or pressure. Together we are not just exercising, we are investing in our future health, carving out a life with greater mobility, strong foundational muscles to support the spine, knees, hips. Pilates helps improve posture, flexibility, is safe for our joints and is effective for stress management and relaxation. If you have them, please bring a mat, Pilates soft ball, resistance band and Pilates circle – these can be borrowed initially.

Sarah Weavers ☎07841 865693
purepilateswithsarah@gmail.com
www.purepilates.uk

🕒 £35 monthly £60 for 5 passes (3 month expiry)
cash/bank transfer 📱 ⚙️ 🔑

CYCLING

10:00am – 11:00am

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

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.

Get Active in the Forest ☎01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 £4.50 including cycle hire, £2.50 using own bike
cash/card 📱

BUGGIES & BREWS WALK

10:00am – 11:00am

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

Join us for a free pushchair walk or a toddler walk every Friday at Rosliston Forestry Centre. A great opportunity to meet new people, get out in the fresh air and relax over a drink and chat in the café afterwards (optional).

Get Active in the Forest ☎01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🕒 Free 📱



HEARTWOOD SURGERY WALK

10:00am – 11:00am

📍 **Heartwood Medical Practice, Civic Way, Swadlincote DE11 0AE**

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

Get Active in the Forest ☎️ 01283 595906
get.active@southderbyshire.gov.uk
www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-active-in-the-forest

🆓 Free

FITSTEPS®

10:30am – 11:15am

📍 **Hilton Village Hall, Peacroft Lane, Hilton, Derby DE65 5GH**

FitSteps® combines the graceful steps of the Ballroom with the up-tempo Latin steps to provide a fun and effective workout! There is no need for a partner and it is suitable for all ages & abilities! We guarantee that you will fall in love with FitSteps® once you try it!

Rachel Lazzari ☎️ 07969 650732
Danceandshakewithrach@gmail.com
📘 **Dance and Shake with Rach**

🕒 1 = £7 5 = £30 cash/card/bank transfer/paypal

🆓

PILATES MAT CLASSES

10:30am – 11:30am

📍 **Repton Village Hall, 58 Askew Grove, Derby DE65 6GR**

Small class sizes taught in a relaxed style to stretch and strengthen muscles and relax the mind. The Pilates exercises will help to improve balance, build core strength, postural alignment and support weight loss. Please bring a mat.

Amanda d'Angibau (Milly) ☎️ 07962 249615
amandadangibau@gmail.com
www.vitalhealthpilates.com

🕒 £8.50 bank transfer 🆓 ⚙️ 🗑️



PILATES FLOW

12:30pm – 1:15pm

📍 **Hilton Village Hall, Peacroft Lane, Hilton, Derby DE65 5GH**

Classical Flow Pilates class, a fun and invigorating style of Pilates designed to keep you moving the whole way through. Experience the traditional Pilates mat exercises in a workout to strengthen, lengthen and breathe with a strong focus on the core. If you've ever been curious about trying Pilates... maybe you've heard about all the benefits it can provide... but you've always thought it's "not for me"... Come challenge your perceptions with our group class. Discover a flowing, pacey movement practice that builds strength from the core whilst building awareness of your body and movement. This is not a class where you'll be meditating or falling asleep... this is a class that will challenge and change your body, decrease pain symptoms, improve posture and leave you invigorated! Please bring a mat.

Steph ☎️ 07806 931664
stephjdancefitness@hotmail.co.uk
www.stephjdancefitness.com

📘 **Steph J Dance Fitness**

🕒 1 = £7 10 = £60 cash/bank transfer 🆓 ⚙️ 🗑️

NEWHALL STRENGTH & BALANCE

1:00pm – 2:30pm

📍 **Newhall Village Hall, Bretby Road, Swadlincote DE11 0LH**

It is designed to help participants of all abilities to improve their strength and balance and overall wellbeing. Each chair based session focuses on safe, effective exercises tailored to individual needs. Whether you are looking to boost confidence, prevent falls, or simply enjoy a friendly supportive atmosphere this class offers something for everyone. Held weekly, it includes a mix of guided movements, stretching and balance activities. All equipment provided and attendees are encouraged to wear comfortable clothing. Join this popular class to experience better mobility, increased energy and a welcoming community spirit.

Angela Parker ☎️ 07899 916933
a.parker.5@btinternet.com

🕒 £5.50 cash ⚙️

PURE PILATES

6:00pm – 7:00pm

📍 **Hilton Village Hall, Peacroft Lane, Hilton, Derby DE65 5GH**

My classes are warm, friendly, welcoming and supportive. Each session is a safe, inclusive space in which clients are encouraged to move with kindness, curiosity and confidence, free from judgement or pressure. Together we are not just exercising, we are investing in our future health, carving out a life with greater mobility, strong foundational muscles to support the spine, knees, hips. Pilates helps improve posture, flexibility, is safe for our joints and is effective for stress management and relaxation. If you have them, please bring a mat, Pilates soft ball, resistance band and Pilates circle – these can be borrowed initially.

Sarah Weavers ☎️ 07841 865693
purepilateswithsarah@gmail.com
www.purepilates.uk

🕒 £35 monthly £60 for 5 passes (3 month expiry) cash/bank transfer 🆓 ⚙️ 🗑️



ROCKFIT WITH SHARON

6:00pm – 7:00pm

📍 **Hilton Scout Hut, Peacroft Lane, Hilton DE65 5GH**

RockFit is the UK's biggest Rock and Metal dance fitness brand. There is dancing, squatting, punching, innuendo and great music. A 60-minute class involving cardio and body sculpting moves to give you a workout as you rock out. RockFit is for everybody and every body. Joining RockFit means joining an amazing community of positive and inspiring people. If you can't dance or don't feel like you're fit, don't worry! We all start somewhere!

Sharon Baker 📞 07967 180225
RockFitwithSharon@gmail.com
Facebook RockFit with Sharon

🕒 1 = £6 5 = £25 (6 month expiry)
 cash/bank transfer ⓘ ⚙️

S G YOGA

6:00pm – 7:00pm

📍 **Stenson Fields Community Centre, Chartley Road, Derby DE24 3BT**

A relaxed fun class with a very different outlook on Yoga. The classes are based around Yoga flow, DDY and my own strength and conditioning experience. This is a very different way of looking at yoga and classes are encouraged to enjoy themselves and not suffer in silence. With the community WhatsApp group, suggestions for class focuses are always welcome and accommodated. Come and try for free, you've got nothing to lose! Please bring a mat, drink and towel.

Spencer 📞 07958 548417
coachspencergeorge@outlook.com

🕒 £5 first session free cash/card ⓘ ⚙️

SWARKESTONE CRICKET CLUB – WOMEN & GIRLS

6:00pm – 7:30pm

📍 **Swarkestone Cricket Club, Barrow Turn, Swarkestone, Derbyshire DE73 7GR**

At Swarkestone cricket club our womens and girls section has something to offer for everyone! New to cricket? Join our softball festival team for a fun, friendly and social introduction to the game. No previous experience needed! Free trial session! You can bring your own equipment or borrow some. Returning to cricket or already playing? Test yourself in our softball league team or Super 8s hardball team. Both offer a competitive and rewarding cricket experience. Led by qualified coaches in a fun, friendly and supportive environment, sessions focus on developing skills, building confidence and enjoying the game. Come along, make new friends and discover your love for cricket.

Swarkestonewomen@gmail.com
www.swarkestone.play-cricket.com/home

🕒 Annual membership fee £40 bank transfer

ⓘ ⚙️ ⚙️

SATURDAY

MORNING HAMMOCK MEDITATION

7:30am – 8:30am (Apr-Sep)
 8:00am – 9:00am (Oct-Mar)

📍 **Moirs Furnace (Woodland), Furnace Lane, Swadlincote DE12 6AT**

Take time to unwind, connect with nature and explore a new way to reduce anxiety and stress. This is an accessible outdoor guided meditation and is suitable for anyone wanting to try something new to support positive wellbeing in a relaxed environment or for those who meditate regularly. It has the added bonus of you being suspended off the ground looking up at the tree canopy. These sessions are monthly (see website for dates).

Wild Minds Nature Connection CIC
info@wildmindsnature.co.uk
www.wildmindsnature.co.uk

🕒 £10 pay online ⓘ ⚙️

MORNING MEDITATION

7:30am – 8:30am (Apr-Sep)
 8:00am – 9:00am (Oct-Mar)

📍 **Moirs Furnace (Woodland), Furnace Lane, Swadlincote DE12 6AT**

Take time to unwind, connect with nature and explore a new way to reduce anxiety and stress. This is an accessible outdoor guided meditation and is suitable for anyone wanting to try something new to support positive wellbeing in a relaxed environment or for those who meditate regularly. These sessions are on 2 weekends a month (see website for dates).

Wild Minds Nature Connection CIC
info@wildmindsnature.co.uk
www.wildmindsnature.co.uk

🕒 £7 pay online ⓘ ⚙️

PARKRUN

9:00am start

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

Conkers, Rawdon Road, Swadlincote, DE12 6GA

Coronation Park, William Nadin Way, Swadlincote, DE11 0BB

Parkrun is a free, fun and friendly weekly 5km community event. Walk, jog or run, volunteer or spectate – it's up to you! The event takes place at 9am every Saturday with 3 events in the district – Rosliston Forestry Centre, Conkers or Coronation Park. Parkrun is free but we would ask you to register to get a barcode first so we can scan your barcode and include you in the results. You can register on the parkrun website.

www.parkrun.org.uk

🕒 Free ⓘ ⚙️

T'AI-QI FOR WELLBEING

9:00am – 10:00am (Apr-Sep)
 9:30am – 10:30am (Oct-Mar)

📍 **Moirs Furnace (Woodland), Furnace Lane, Swadlincote DE12 6AT**

Spend time following the movements of T'ai Chi & Qigong and find calm in this moving meditation. Be part of a welcoming group, connect and rejuvenate in nature. This mindful movement is suitable for all levels of ability and is centred around moving the body in nature for a holistic feeling of wellbeing. These sessions are on 3 weekends a month (see website for dates).

Wild Minds Nature Connection CIC
info@wildmindsnature.co.uk
www.wildmindsnature.co.uk

🕒 £7 pay online ⓘ ⚙️

ZUMBA®

9:30am – 10:25am

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

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.

24 Fit Derby 📞 01332 498005
24fitderby@gmail.com **Facebook** 24fitderby

🕒 1 = £6 4 = £21 8 = £36 Unlimited monthly = £32
 Can try for free. Pay online. ⓘ ⚙️ ⚙️

SUNDAY

BIRDWATCHING FOR BEGINNERS

9:00am – 12:00pm

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

On the 3rd Sunday of each month, we walk around the forest spotting birds as we go. Our group leaders are knowledgeable birdwatchers with many years experience and will help you enjoy the many different species that make Rosliston their home, throughout the different seasons. You can bring your own binoculars if you wish.

Tony Slater 📞 07855 420087
birdingfor@gmail.com
Facebook Birding For Beginners

🕒 Free ⓘ ⚙️

For more information about the Active Communities & Health team's work, visit our website: www.southderbyshire.gov.uk/our-services/active-communities-and-health

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ADULT ACTIVITY BROCHURE CONTRIBUTORS

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Danceandshakewithrach@gmail.com

ELLIE FLINTON

elena.flinton@gmail.com

ENVIRONMENTAL EDUCATION PROJECT TEAM

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ETWALL WALKING FOOTBALL CLUB

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FIT-4-LIFE PT

Fit-4-LifePT@outlook.com

FLOW YOGA

flowyoga2016@gmail.com

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lindsay@footstepstowardstranquility.co.uk

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get.active@southderbyshire.gov.uk

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rosie@hotmessfitness.co.uk

INFINITE TAI CHI DERBY

navm1@yahoo.co.uk

JOG DERBYSHIRE

www.jogderbyshire.co.uk

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KATY STRUDWICK

katystrud@hotmail.co.uk

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MELBOURNE SWIFTS

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MOVE WITH THOUGHT

movewiththought@gmail.com

NATIONAL FOREST TAEKWONDO

nfttkd@gmail.com

NEWTON SOLNEY VILLAGE HALL

nsvh@btinternet.com

PARKRUN

www.parkrun.org.uk

PARKS & GREENSPACES

parksandgreenspaces@southderbyshire.gov.uk

PURE PILATES WITH SARAH

purepilateswithsarah@gmail.com

ROCKFIT WITH SHARON

RockFitwithSharon@gmail.com

STEPH J DANCE FITNESS

stephjdancefitness@hotmail.co.uk

SWAD JOGGERS

Swadjoggers@gmail.com

SWADLINCOTE TABLE TENNIS

tabletenniswad@gmail.com

SWARKESTONE CRICKET CLUB - WOMEN & GIRLS

Swarkestonewomen@gmail.com

WILD MINDS NATURE CONNECTION CIC

info@wildmindsnature.co.uk

YOUR YOGA YARD

journeygirl5150@hotmail.com



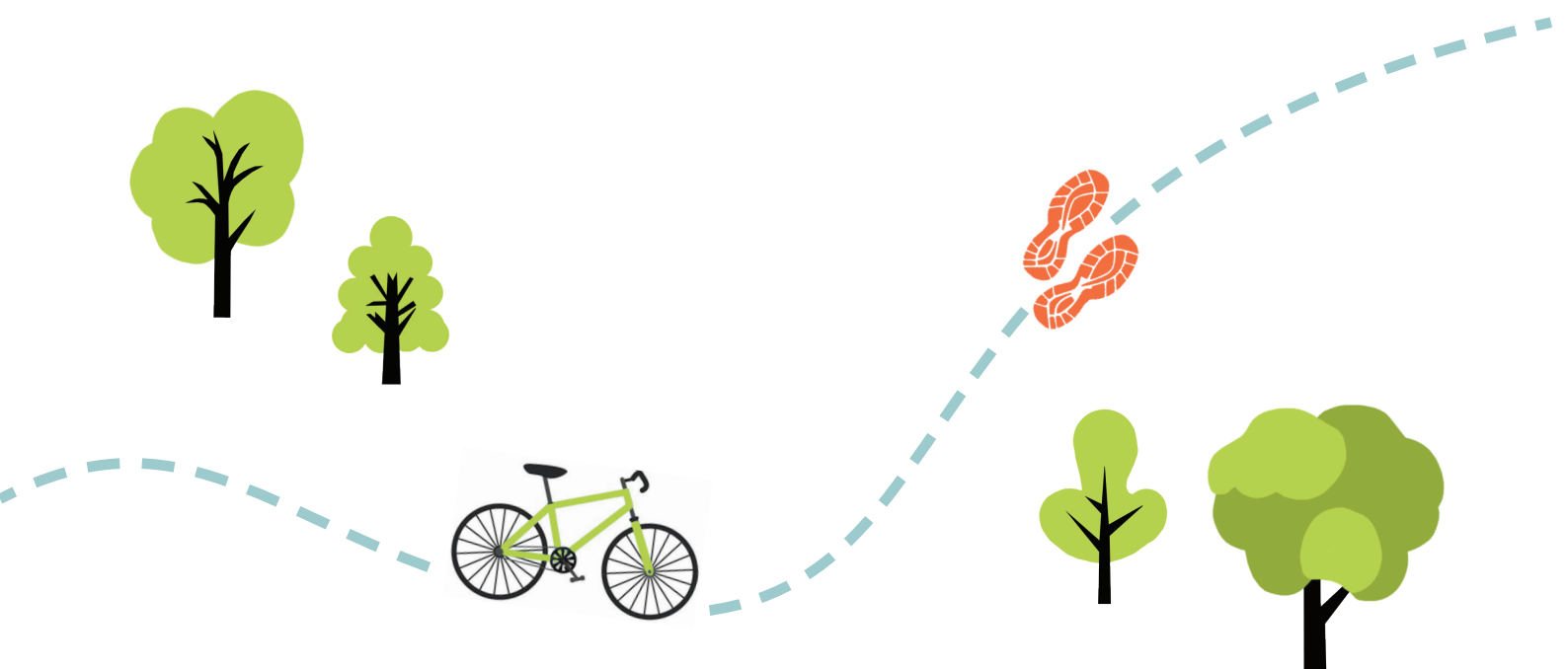


Photo contributions from - The National Forest Company, Swadlincote Table Tennis, Swad Joggers, CC Line Dance, Fit-4-Life PT, Tor Adams, Touch Grass, Sport England

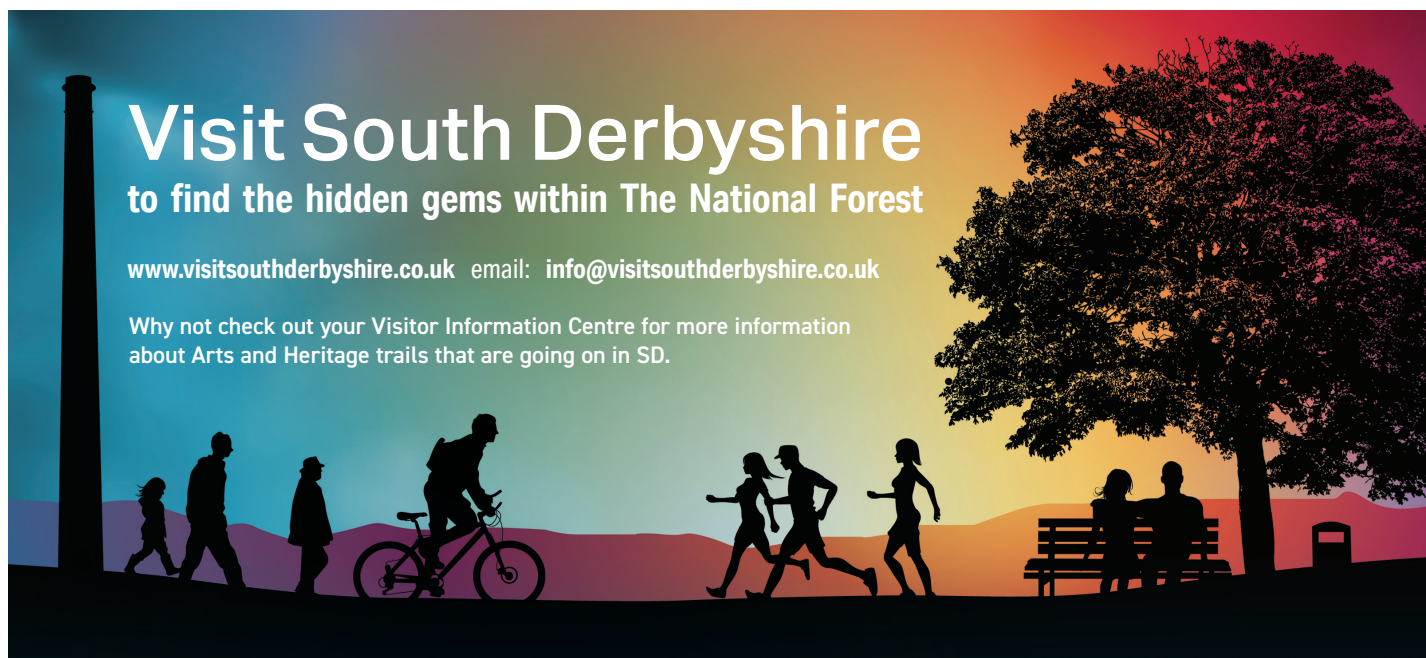
 Find us on
Facebook
@ActiveSouthDerbyshire

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

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

www.visitsouthderbyshire.co.uk email: 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





THE NATIONAL
FOREST

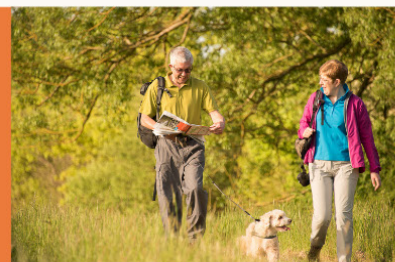
Feel good outdoors in the National Forest

The National Forest is a place to feel good outdoors - a landscape shaped by trees, wildlife and communities, where spending time in nature supports a healthier, happier you.

Explore at your own pace



Wander through bluebell woods, cycle woodland trails, or enjoy peaceful paths that welcome people of all ages, abilities and experiences.



Learn and reconnect



You can learn new skills and reconnect with nature through forest bathing, foraging, bushcraft and green woodworking - experiences that encourage creativity, confidence and personal growth.



Adventure for everyone



For those seeking excitement, there are treetop challenges, archery, axe-throwing and mountain biking, offering high-energy fun for families, couples and groups.



Accessible for everyone

With gentle gradients, well-surfaced paths and Accessible Trampers available at Bradgate Park, Calke Abbey, Rosliston Forestry Centre, The Deer Park and The Outwoods, the Forest is open to everyone - a place to move more, feel good and enjoy time in nature.



Start your adventure

Visit nationalforest.org

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



Registered charity number 1068550



VOLUNTEERING OPPORTUNITIES

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

Email 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/lsl/

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

SCAN
ME!



Registered charity number 1068550



Stay well this winter.



Sign up to MET office weather alerts. They will help you to stay informed, and be prepared, for any severe weather.

www.derbyshire.gov.uk/staywellthiswinter



Keeping warm and well

Information around how to keep safe in the cold weather.

Be prepared!

- If you are not on mains gas or electricity, make sure you have a good supply of heating oil or LPG or solid fuels, so you don't run out of fuel over winter
- Ensure all heating and cooking appliances are checked by a Gas Safe registered engineer
- Stock up on tinned and frozen food to avoid going out when it's cold or icy
- Contact your water and power suppliers to see if you are eligible to be on the [Priority Services Register](#).
- Our website has lots of information on [welfare rights and benefits](#)
- [Citizens Advice](#) can offer support and information around debt and energy costs.
- The [Prepare website](#) offers lots of information about how to prepare for a range of emergencies including cold weather

Keeping your home warm

- Heat your home to at least 18°C
- Draw your curtains at dusk to help keep the heat generated inside your room
- Insulate and draft proof your home
- Check if there are any grants or benefits available to you to help with bills and/or energy efficiency.

www.derbyshire.gov.uk/staywellthiswinter



Keep yourself warm

Make sure you are layered up with lots of thin layers of clothing made from wool, cotton, or fleecy material

Always wear socks and good fitting slippers with good grips when inside and change into shoes with a good grip when heading outside to prevent trips, slips and falls

If you use an electric blanket- use as instructed. Get it tested for safety every three years. Don't use it with a hot water bottle.

Have plenty of hot food and drinks throughout the day.

Medications

Take up any winter vaccines you are offered - if you are able to have them - to help you stay well this winter.

Make sure you have plenty of medication at home in case you are unable to go out due to bad weather

If you want advice about protecting your health from the cold visit the [winter health pages online on the NHS](#).

Weather Alerts

Think about signing up to the [Met office alerts](#) and watch the weather forecast and prepare for the colder weather.

Look out for others by checking in on older neighbours or relatives - especially those who live alone or who have serious illnesses, to make sure they are safe, warm, and well.

www.derbyshire.gov.uk/staywellthiswinter



Keeping children safe in the cold weather

Are you aware that children are more vulnerable to the cold? Children's bodies are smaller and they lose heat quicker than adults so here are some top tips to keep children warm and safe in the cold weather.

Be prepared!

Think about signing up to the [Met office alerts](#) and watch the weather forecast to help you prepare for colder weather.

Ensure you are aware of the procedures that your child's nursery or school has in place in case of bad weather - this will help you to avoid unnecessary travel. It would help to have a plan in place in case of school closures.

Living in a cold home has negative impacts on a child's health and wellbeing.

Many families are facing the rising costs of heating bills and it is [important to be aware of the available support](#).

Clothing - think layers

Make sure children are layered up. Start with a vest and then a t-shirt and another layer on top.

These can be taken off throughout the day

www.derbyshire.gov.uk/staywellthiswinter



Keeping warm

Dress children warmly in winter coats, gloves and hats.

Remember as children play and learn outside, to provide your child with a warm coat they can move around in.

It's always handy to have pockets to put a glove in each to keep them from disappearing!

Staying safe outside

Keep an eye on children playing outside in the cold weather - if they are not moving around much or start to shiver, bring them inside to warm up.

Watch out for symptoms of hypothermia such as shivering, lips going blue, slurred speech and lack of coordination.

Introducing active games such as obstacle courses, jumping, and riding bikes can encourage movement and keep children warm.

Adults also need to remember to stay warm and layer your clothes too!



Look out for others by checking in on older neighbours or relatives - especially those who live alone or who have serious illnesses, to make sure they are safe, warm, and well.

www.derbyshire.gov.uk/staywellthiswinter



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/

everyone
ACTIVE



www.everyoneactive.com

Swad Joggers

Tuesdays and Thursdays 6:30pm - 7:30pm.

Swad Joggers are a fun, free local jogging and walking group based in Swadlincote catering for all abilities which began with the aim of making a difference to the local community. No experience is necessary with beginners and intermediate sessions running weekly along with a walking group. Jogging sessions are split into 3, 4, 5 and 6 mile groups so there's something for all abilities and we also run occasional Couch to 5k programmes specifically for beginners.

Meeting places vary. Please contact before attending swadjoggers@gmail.com.

Melbourne Joggers

Tuesday 7:00pm - 8:00pm.

Melbourne Assembly Rooms, High Street,
Melbourne DE73 8GF

Melbourne Joggers are a local, fun & sociable, walking, jogging & running group in Melbourne for people who want to have fun, get fit and make new friends. Absolute beginners and those that have not jogged for a while are very welcome. Beginners groups will be led walk/jogs. More regular runners are welcome to come along and suitable routes will be made available for them along with help with training for events if desired. Costs £1 per session.

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

Overseal Running Club

Tuesdays and Thursdays 7:30pm – 8:30pm.

Sundays 9:00am – 10:00am meeting at Overseal Village Hall, DE12 6LU.

Overseal Running Club are a jogging and running group based in Overseal. From beginners to experienced runners, we welcome all those who share a love for running and a desire to improve their physical and mental health.

Founded by a group of passionate runners, we're a close-knit community of like-minded people, built on a foundation of mutual support, encouragement, and shared goals.

Sessions are free but annual membership to Overseal Running Club is £20 a year.

Get in touch to find out more enquiries@orc.run

Walking Talking Tuesdays

9:30am - 12:00pm (fortnightly) Various locations.

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. See website for schedule, more information and to book a place <https://www.jogderbyshire.co.uk/feel-good-in-the-forest>:

Feel Good In The Forest Guided Walks and Jogs

Various dates and locations.

These sessions are suitable for those with little or no prior experience of jogging or walking in the countryside. If you're capable of completing a parkrun (5k) mostly jogging, you'll be fine on any of the activities. If you're not quite there yet, we recommend you join a guided walk first. The focus on all of these sessions will be on enjoying the surroundings and each other's company, rather than speed.

See website for schedule, more information and to book a place

<https://www.jogderbyshire.co.uk/feel-good-in-the-forest>

bRUNch Club Trail Therapy

Thursday 9:15am - 11:00am Various locations.

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. 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, please get in touch so we can arrange a free or discounted bursary place, which will be done discretely and confidentially.

For more information and to book see website <https://www.brunchclubtrailtherapy.org.uk/>