



ActiveDurham

A year of the feel good factor!



Exercise to music

**Beginners fitness fun
in February!**



Look inside for:

FREE 'back to basics' sessions in dance and exercise at all 6 Durham Leisure venues, workout weekend at Freeman's Quay...

Get the feel good factor with...

Exercise to music in February

Get moving and clear your mind with our 'back to basics' beginners month of exercise to music. Shake your body and get into the swing with a feast of FREE taster sessions in everything from Jam to Tai Chi, at one of our 6 great Durham Leisure Venues.

Free weekend!

There's a whole weekend of FREE dance and exercise classes at Freeman's Quay.

And lots to try across the month

As well as traditional classes like Tums & Bums, Yoga and Pilates, there are more contemporary sessions like Salsasize or BTS (Body Training Systems).

What is 'back to basics'?

Aimed at absolute beginners, the 45 minute sessions are easy introductions to each class,

teaching you basic techniques and simple moves and routines.

Something for everyone

So, why not throw caution to the wind and give it a go? Whether you fancy something energetic or relaxing, there's something for everyone, with classes at a time to suit you.

Interested?

If you'd like to take part, all you need to do is phone the leisure centre where your chosen session is taking place to book.



The workout weekend!

Take part in one session or stay for the whole day - it's up to you! Just telephone Freeman's Quay on 0191 301 8306 to book your place.

Saturday 21st February

10.00 - 10.45 Body Jam
11.00 - 11.45 Salsasize
1.00 - 1.45 Yoga
2.00 - 2.45 Tai Chi

Sunday 22nd February

10.00 - 10.45 Easy Aerobics
11.00 - 11.45 Bums & Tums
1.00 - 1.45 Body Balance
2.00 - 2.45 Posture



What are they?

To help you choose the class that's right for you, we've put together a brief description of each one. So read on, make your choice and book your place.

- Body Jam** A fusion of dance from around the world to music.
- Body Balance** A mix of Tai Chi, Yoga and Pilates.
- Body Combat** Mixed martial arts from around the world to music.
- Body Attack** Basic, high energy aerobics.
- Body Pump** Bar bell based session choreographed to music.
- Salsasize** Latino style exercise - without a partner!
- Yoga** A tranquil way to build strength and stamina.
- Pilates** Uses flowing movements in a mat based session.
- Tai Chi** Mind and body control with slow soft movements.
- Mature Keep Fit** Easy aerobic exercise for the young at heart.
- Revolution** Experience outdoor cycling, indoors!
- Circuit Training** A round of exercise stations for fitness and strength.
- Boxing Circuit** An exercise circuit with a boxing theme.
- Shape & Sculpt** All over toning using bar bells.
- Body Blitz** Tone up using resistance bands and free weights.
- Step** Exercise using the traditional stepbox.
- Step & Tone** Blend the routine of step with toning target muscles.
- Attack Trial** Basic, high energy aerobics.
- Fitball** Build all over body strength using the popular fitball.
- Easy Aerobics** Learn easy moves you can do at home.
- Bums & Tums** Don't hide it! Tone it. Deal with those trouble spots!
- Posture** All about correct breathing and yoga-based poses.

Abbey Leisure Centre - 0191 301 8301

ACTIVITY	DATE	TIME
Shape & Sculpt	Tuesday 3rd	10.00 - 10.45am
Body Balance	Friday 6th	6.00 - 6.45pm
Body Jam	Tuesday 10th	12.15 - 1.00pm
Yoga	Thursday 12th	10.00 - 10.45am
Fitball	Monday 16th	10.00 - 10.45am
Pilates	Friday 20th	6.00 - 6.45pm
Body Attack	Thursday 26th	11.00 - 11.45am
Body Combat	Saturday 28th	4.00 - 4.45pm

Coxhoe Leisure Centre - 0191 301 8302

ACTIVITY	DATE	TIME
Body Balance	Sunday 1st	10.30 - 11.15am
Pilates	Saturday 7th	10.00 - 10.45am
Easy Aerobics	Monday 9th	11.00 - 11.45am
Body Combat	Thursday 12th	8.15 - 9.00pm
Bums & Tums	Tuesday 17th	12.15 - 1.00pm
Body Jam	Friday 27th	5.30 - 6.15pm



Deerness Leisure Centre - 0191 301 8303

ACTIVITY	DATE	TIME
Body Combat	Monday 2nd	5.45 - 6.30pm
Pilates	Wednesday 11th	1.30 - 2.15pm
Attack Trial	Thursday 12th	5.00 - 5.45pm
Body Pump	Sunday 15th	3.00 - 3.45pm
Mature Keep Fit	Friday 20th	3.00 - 3.45pm
Step & Tone	Monday 23rd	5.45 - 6.30pm
Body Balance	Wednesday 25th	1.30 - 2.15pm

Freeman's Quay - 0191 301 8306

ACTIVITY	DATE	TIME
Fitball	Sunday 1st	11.00 - 11.45am
Boxing Circuit	Wednesday 4th	8.00 - 8.45pm
Revolution	Saturday 7th	1.00 - 1.45pm
Pilates	Wednesday 11th	8.00 - 8.45pm
Step	Sunday 15th	12.00 - 12.45pm
Yoga	Tuesday 17th	10.00 - 10.45am
Body Blitz	Friday 20th	5.00 - 5.45pm
Shape & Sculpt	Wednesday 25th	12.00 - 12.45pm

Meadowfield Leisure Centre - 0191 301 8304

ACTIVITY	DATE	TIME
Body Balance	Tuesday 3rd	6.00 - 6.45pm
Circuit Training	Saturday 7th	10.30 - 11.15am
Pilates	Tuesday 10th	12.00 - 12.45pm
Body Attack	Sunday 15th	9.30 - 10.15am
Body Combat	Tuesday 17th	6.00 - 6.45pm
Bums & Tums	Friday 20th	9.30 - 10.15am
Fitball	Tuesday 24th	6.00 - 6.45pm
Step	Saturday 28th	10.00 - 10.45am

Sherburn Leisure Centre - 0191 301 8305

ACTIVITY	DATE	TIME
Body Pump	Sunday 1st	10.30 - 11.15am
Body Attack	Wednesday 4th	1.00 - 1.45pm
Pilates	Wednesday 4th	8.00 - 8.45pm
Body Combat	Saturday 7th	1.00 - 1.45pm
Fitball	Tuesday 10th	10.30 - 11.15am
Step	Monday 16th	1.30 - 2.15pm
Body Balance	Thursday 19th	6.00 - 6.45pm
Mature Keep Fit	Friday 27th	9.30 - 10.15am
Yoga	Saturday 28th	10.00 - 10.45am





Coming up in March!

Getting mobile

Watch out for our brilliant portable circuit, coming to Coxhoe in March and a range of other venues across the year.

It's a 12 station specially designed mobile gym based on air resistance. It's simple and great for all ages and abilities because it can be as tough, or easy, as you like.



Generation games!

The month also features a special one off 'intergenerational' event hosted by Abbey Leisure Centre and Durham Indoor Bowling Centre.

Members of The Bowling Centre will teach groups of youngsters about their sport and in return the youngsters will show the bowlers how to have fun at Abbey Leisure Centre!

Find out more about these events at: www.durhamcity.gov.uk/Leisure or call the Leisure Hotline on 0191 301 8556.

Active Durham in February was brought to you by:

