

# Health and fitness



At Hermitage, Hood Park and Measham Leisure Centres

- Gymfinity Fitness Suites
- Fitness classes
- Swimming pools
- Health Suite

Hermitage: 01530 811215 | Hood Park: 01530 412181 | Measham: 01530 274061

[www.nwleics.gov.uk/leisure](http://www.nwleics.gov.uk/leisure)



Find us on...



@hermitage\_lc  
@hoodpark\_lc



hermitagelc  
hoodparklc



hermitageleisure  
hoodparkleisure

1 January to 31 April 2019 information correct at time of going to print



# Gymfinity

Our gyms offer everything you need. Great kit, great trainers and a great atmosphere. See reception to book your induction now! to join our membership online, visit, [www.nwleics.gov.uk/fitness\\_membership](http://www.nwleics.gov.uk/fitness_membership)



## Opening times

	Hermitage	Hood Park
<b>Monday - Friday</b>	7am - 10.30pm	7am - 10.30pm
<b>Saturday</b>	7.30am - 8.30pm	7.30am - 8.30pm
<b>Sunday</b>	7.30am - 8.30pm	7.30am - 10.30pm

Last admission to the fitness suites will be one hour before the closing times.

### Gym induction essential before using the fitness suite.

#### Active Lifestyle G.P. Referral sessions:

Hermitage Leisure Centre: Monday-Thursday 2.30pm - 3.30pm (open to the public)

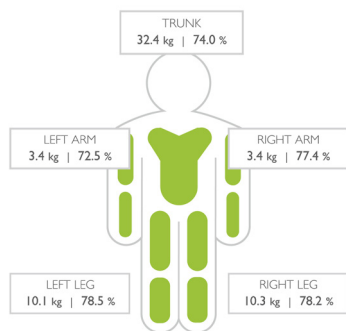
Hood Park Leisure Centre: Tuesday 2pm - 3pm (closed to the public), Thursday (open to the public) and Friday 2pm - 3pm (closed to the public)

#### Juniors

We welcome juniors from the age of 14

- 14 to 15 year olds      Cardiovascular equipment only . Take out our Active Junior Membership to train using fixed resistance machines.
- 16 and 17 year olds +      Fixed resistance and cardiovascular equipment only  
Take out our Active Junior Membership to access free weights.

## boditrax



15 results in 30 seconds

Review results, set goals, track progress

See how well your training is going and set new goals to achieve with boditrax.

Bodytrax is a precision body composition machine that will measure your body, giving you 15 results in 30 seconds including body fat, visceral fat, muscle mass, metabolic age and metabolic rate.

Book yourself in now for your first measurements by contacting the gym team.

Free to fitness members

£6 per scan or £30 for the year to non fitness members





# Fitness classes

## General information

We have over 140 classes every week.

We regularly add new classes to our programme with the latest classes to hit the industry.

You may find some classes change so to keep up to date with spaces available, download the NWL Leisure App now by visiting the Apple Store or Google Play.

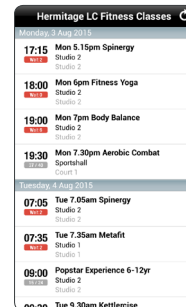


## Class attendance

Customers attending fitness classes must arrive at least five minutes before the class start time. Late entry to classes may be refused. Spaces may be released and will be available for others.



Court 1				
Aug	Sat	Sun	Mon	
28	29	30	31	
08:30	08:30	08:30	08:30	
09:30	09:30	09:30	09:30	
10:30	10:30	10:30	10:30	
11:30	11:30	11:30	11:30	
12:30	12:30	12:30	12:30	
13:30	13:30	13:30	13:30	
14:30	14:30	14:30		
15:30	15:30	15:30		
16:30	16:30	16:30		



## Cancellations

Customers cancelling an activity more than 24 hours before the time that it was due to take place will be offered either the chance to move the booking to another day/time or receive a credit for that activity that can be used at a later date. Credits must be used within three months of receiving them.

For activities cancelled within 24 hours customers will not be able to move this booking, receive a credit or a refund.

Fitness members will get a mark against your account on the first occasion that you book fitness classes and do not attend if you fail to show again in a two month period, your advanced booking rights will be suspended for one week.

## Active Lifestyle / GP Referral Scheme

Exercising can seriously improve your health!

Do you have a medical condition and would like to be more active?

We can help you! Contact [melanie.hall@nwleicestershire.gov.uk](mailto:melanie.hall@nwleicestershire.gov.uk)





## Fitness classes

**All fitness classes cost £5.85 unless otherwise stated**

### Cycle classes

#### **SpinFinity - to Spinfinity and beyond...**

These 30min high intensity cycle classes will push you further than you realised you could go in half the time!

#### **Disco Spin-Ferno – burn baby burn!**

Out come the disco lights to create a party atmosphere to really get your gears turning!

#### **Studio Spin and Core – let us take you on a journey**

As part of the pelaton we will lead you through climbs and sprints to your fitness goals. When the cycle is done your work is not finished . . . . . we have time to fit in a core stability work out too!



### Step classes

#### **Dance Step – amazing!**

You and your class buddies will feel like a dance troop when the exiting routines comes together and super fit!

#### **Core Step Aerobics – step in time**

With more basic choreography than Dance Step, this class is formulated for core control and cardio blasting!



### 50+ classes

#### **50+ Aerobics**

Part of our 50+ morning, this popular class is good fun and very sociable. It's great for fat burning and a real energy boost. It will help increase stamina and make a difference to your overall fitness.

#### **50+ Keep Fit**

Part of our 50+ morning you will get a top workout and have a great time. This class uses equipment and varied work outs will really help with strength, posture, fitness and energy.



### Holistic classes

#### **Pilates – develop body awareness**

The Pilates method provides a unique approach to exercise that improves core strength, posture, alignment and body awareness whilst increasing flexibility and ease of movement.

#### **Fitness Yoga – improve posture**

A class with a modern fitness perspective. Move more effectively and efficiently, improving posture, self awareness and confidence.





### **Yoga Strength – strength in mind and body**

A class combining principles of Ashtanga Power Yoga and traditional strength training.

### **Yoga for Relaxation – uniting mind and body**

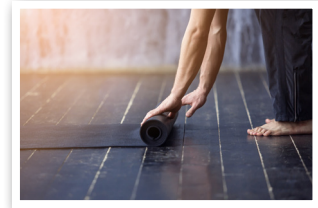
This Freestyle Fitness Yoga and relaxation class will unite mind and body whilst teaching strength, posture, breathing and relaxation. A deeply relaxing practice leaving you refreshed and restored.

### **Shibashi Tai Chi – for all!**

The 18 moves of Tai Chi Qigong Shibashi aid relaxation, breathing, flexibility, balance and control, and promote an overall feeling of well-being. The Tai Chi routine is preceded by a gentle aerobic warm up.

### **Stretch - let's mix it up!**

In this class you will stretch out the whole body, paying particular attention to those troublesome areas such as back, hips, legs, shoulders and chest. To mix it up we may throw in some abs, Pilates and ladder style work outs.



## **Aqua Aerobics classes**

### **WaterWorks – It's fun and it works**

WaterWorks Aqua Class is an effective total body water workout where you are immersed in a fun environment and can choose your intensity level.



### **Aqua Aerobics – take the plunge**

Aqua is a high energy, full body workout where you can expect a mix of cardio moves including jumping, kicking, running, sprinting and abdominal / core exercises

### **Aqua Aerobics – gently does it**

A lower intensity aqua class where you can expect a mix of cardio moves and low impact exercises.

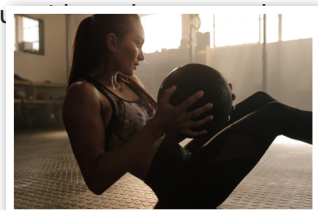
### **Aqua Jog – no pavement pounding here!**

Deep water cardio class, no impact running in water. Great work out of running, perfect for injury rehabilitation.

## **Core classes**

### **Complete Core – strength starts within**

This is a traditional core class with a variety of exercises working through the whole core, this class may incorporate fitballs and BOSUs.



### **ABS HIIT – not a crunch in sight**

High intensity interval CORE training. By alternating isometric work, bending and twisting actions and high energy core cardio, you'll tax the core muscles in every way.

### **SAS – strength and sculpt**

Using a elements of cardio, Pilates and Yoga, this class aims to build strength of the core. The instructors modify the class to suit making it perfect for complete beginners or hard CORE fanatics!







## HIIT

### **HIIT – high intensity interval training**

Bursts of high intense functional / explosive exercises with less intense recovery periods. This type of interval training is proven to get excellent results.

### **HIIT strength**

Using the high intensity interval training principles but adding in some more functionality and exciting equipment this is next level HIIT training!

## Strength and conditioning

### **LBT – legs, bums and let's not forget those tums!**

This class is so much fun! As well as a get together with your class mates, this class strengthens your lower body and torso helping to improve co-ordination, flexibility and stamina!

### **Body Blitz – does what it says on the tin.**

This high energy workout is for the whole body! You thought you knew your limits....this will take you beyond! Incorporating weight training, functional training with cardio and HIIT / Tabata sections. Designed by our instructors, the style and content will vary from instructor to instructor.

### **Kettlebell Training - Swing To Win**

Interval training with a Kettlebell, such a versatile bit of kit. Contributing to a fun and varied workout combining strength, cardio and core. You will strengthen your body from head to toe.

### **Boxercise**

A fun knock out class involving a variety of moves and techniques such as shadow boxing, hitting pads, kicking punch bags, press ups, gun run and sit ups. A massive all round stress buster.

### **Circuits – your next stop is.....**

Moving from training station to training station this high energy functional class uses a variety of kit such as battle ropes and tyres to create an excellent total body and cardio work out!

### **Pump It Up – you got to pump it up!**

Formulated by our instructors this exciting barbell workout allows you to improve strength and all round fitness. With great music and fresh and varied routines you'll get great results.

### **Rain or Shine Boot Camp – whatever the weather!**

This class is outdoor normally on the all-weather pitch! For all fitness levels this class will guide you to your goals using military style exercises and lots of functional kit.

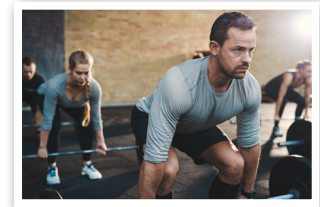
## Les Mills

### **BODYPUMP™ From Strength to Strength**

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. It's a total body work out leaving you feeling challenged, motivated and ready for more!

### **BODYBALANCE™ For anyone and everyone**

A yoga-based class that will improve your mind, your body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.





## Metafit

### **Metafit™ - it ain't no dance class!**

Metafit™ The original HIIT workout designed by a former Marine, this class will push your limits! It's a high-intensity interval workout using simple body weight exercises designed to keep your body burning calories long after your training session is complete. It's tough, that's why it works!

### **Meta PWR - have you got the power?**

Sticking with the fundamental training principals of Metafit™, Meta PWR is a power circuit HIIT class using functional kit and exercises to work muscle and boost metabolism. Look out for the 'Power Play' in each workout. It's also tough that's why it works!

## Kettlercise

### **Kettlercise® - fat loss just got real simple**

Kettlercise® is THE single most effective kettlebell fat burning workout designed to shape and sculpt your body. It's fun, super quick and super effective!

### **Kettlercise® Combat - MX**

A music driven, choreographed high energy blend of kettlebell exercises and dynamic movements inspired from the world of martial arts.



## Beach Body

### **PIYO™ - no weights, no jumps, just hardcore results!**

PIYO™ combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.



### **Insanity - can you dig deeper?**

These sweat-drenching cardio-conditioning workout is one of the best workouts you've ever seen. No weights, no gym, just results. This max interval training will have you pushing your limits and your body has to adapt, seeing great results.

### **P90X® - mind blowing results**

A total body conditioning class using cardio conditioning, functional strength and core stability creating a community of friendly competition and encouragement. Training in blocks with awesome music using weights, resistance bands and body weight push yourself to mind blowing results.

## Clubbercise

### **Clubbercise® - bringing a night out to your workout!**

Classes are taught in a darkened room with disco lights and glowsticks set to a soundtrack of old and new club hits. A fusion of dance, toning and combat moves with high / low impact options for all fitness levels. Junior Clubbercise® Especially for 14-17 year olds



## Zumba

### **Zumba®**

An easy to follow mix of cardio and muscle conditioning moves in a calorie burning dance class.





# Hermitage Leisure Centre - Fitness classes

Day	Time	Class	Instructor	Venue
Monday	9.30-10.30	Body Pump <small>Minimum age 18yrs</small>	Sharon	S1
	10.00-11.00	50+ Aerobics - £4.10	Julie	SH
	10.30-11.30	Kettlercise Combat - MX <small>Min age 16yrs</small>	Debbie S	S1
	12.30-13.30	Pilates <small>Minimum age 14yrs</small>	Melissa	S1
	17.15-17.45	Spinfinity <small>Minimum age 16yrs</small>	Lori	S2
	17.15-18.00	Piyo <small>Minimum age 18yrs</small>	Kate	S1
	18.00-19.00	Body Balance	Lori	S2
	18.15-19.00	Body Blitz <small>Minimum age 16yrs</small>	Mel	S1
	19.00-19.30	Spinfinity <small>Minimum age 16yrs</small>	Andrew	S2
	19.00- 20.00	Pump it up	Tracey L	S1
	19.30-20.30	Kettlercise Combat - MX <small>Min age 16yrs</small>	Debbie S	SH
	19.35-20.35	Pilates - NEW CLASS	Karen	S2
Tuesday	7.05-7.35	Metafit <small>Minimum age 14yrs</small>	Lori	SH
	7.35-8.05	Spinfinity <small>Minimum age 16yrs</small>	Lori	S2
	9.30-10.00	Meta PWR <small>Minimum age 16yrs</small>	Lori	SH
	9.30-10.30	Aqua Aerobics <small>Minimum age 14yrs</small>	Julie	P
	10.00-10.30	Spinfinity <small>Minimum age 16yrs</small>	Lori	S2
	10.30-11.30	Complete Core <small>Minimum age 14yrs</small>	Lori	SH
	10.30-11.30	Aqua Aerobics <small>Minimum age 14yrs</small>	Julie	P
	12.30-13.00	Metafit <small>Minimum age 14yrs</small>	Claire	S1
	13.00-13.30	Stretch <small>Minimum age 14yrs</small>	Claire	S1
	14.30-15.30	Gentle Aqua Aerobics £4.30	Julie	P
	17.00-18.00	Body Balance <small>Minimum age 18yrs</small>	Tracey S	S2
	17.25-17.55	P90X <small>Minimum age 18yrs</small>	Mel	S1
	18.00-19.00	Core Step Aerobics <small>Minimum age 16yrs</small>	Lori	S1
	18.00-19.00	Body Balance <small>Minimum age 18yrs</small>	Tracey S	S2
	19.00-20.00	Fitness Yoga <small>Minimum age 18yrs</small>	Tracey S	S2
	19.00-20.00	Body Pump <small>Minimum age 18yrs</small>	Sharon	S1
	19.00-20.00	Aqua Aerobics <small>Minimum age 14yrs</small>	Ryan	P
	19.25-19.55	Metafit PWR <small>Minimum age 16yrs</small>	Lori	SH
	20.00-20.30	Metafit PWR <small>Minimum age 16yrs</small>	Lori	SH
	20.05-20.35	Spinfinity <small>Minimum age 16yrs</small>	Ryan	S2
Wednesday	9.30-10.00	Metafit <small>Minimum age 14yrs</small>	Lori	SH
	10.00-10.30	Complete Core <small>Minimum age 14yrs</small>	Lori	SH
	10.30-11.30	Body Balance <small>Minimum age 18yrs</small>	Lori	S2
	11.30-12.30	Pilates - Beginners <small>Minimum age 14yrs</small>	Chris	S1
	12.00-12.30	Spinfinity <small>Minimum age 16yrs</small>	Lori	S2
	14.30-15.30	Gentle Aqua Aerobics <small>Min age 14yrs</small>	Julie	P
	17.00-17.45	P90X <small>Minimum age 18yrs</small>	Mel	S1
	17.25-17.55	Spinfinity <small>Minimum age 16yrs</small>	Steph	S2







Day	Time	Class	Instructor	Venue
	18.00-19.00	Kettlercise <small>Minimum age 16yrs</small>	Steph	S1
	18.00-18.45	Spinfinity <small>Minimum age 16yrs</small>	Debbie G	S2
	18.30-19.30	Aqua Aerobics <small>Minimum age 14yrs</small>	Sandi	P
	19.00-20.00	Body Balance <small>Minimum age 18yrs</small>	Steph	S2
	19.30-20.30	Zumba <small>Minimum age 16yrs</small>	Sandi	SH
Thursday	7.05-7.35	Meta PWR	Lori	SH
	9.30-10.30	Legs, Bums and tums <small>Minimum age 14yrs</small>	Tracey L	S1
	10.00-11.00	50+ Aerobics - £4.10	Julie	SH
	10.45-11.30	Kettlercise Combat MX	Debbie	S1
	12.30-13.30	Pilates <small>Minimum age 14yrs</small>	Melissa	SC
	17.30-18.00	Insanity <small>Minimum age 18yrs</small>	Niki D	SH
	17.30-18.30	Fitness Yoga <small>Minimum age 18yrs</small>	Tracey S	SC
	18.00-18.30	Metafit <small>Minimum age 14yrs</small>	Mel	SH
	18.30-19.00	Spinfinity <small>Minimum age 16yrs</small>	Ryan	S2
	18.30-19.30	Boxercise <small>Minimum age 16yrs</small>	Mel	S1
	19.05-20.05	Pilates <small>Minimum age 14yrs</small>	Ryan	S2
19.30-20.30	Body Balance	Steph	S1	
Friday	7.05-7.35	Metafit <small>Minimum age 14yrs</small>	Lori	SH
	9.30-10.30	Body Pump <small>Minimum age 18yrs</small>	Sharon	S1
	10.30-11.30	Complete Core and stretch	Tracey L	S1
	10.30-11.30	Aqua Aerobics <small>Minimum age 14yrs</small>	Lori	P
	12.00-13.00	Insanity <small>Minimum age 18yrs</small>	Claire	S
	13.00-13.30	PiYo <small>Minimum age 18yrs</small>	Claire	SC
	16.30-17.00	SAS (Strength and Sculpt)	Claire	SH
	16.30-17.15	Junior Clubbercise - £4.10 <small>11-17 year olds</small>	Debbie S	S1
	17.15-18.00	Disco Spin-Ferno <small>Min age 16yrs</small>	Claire	S2
	17.30-18.30	Body Pump <small>Minimum age 18yrs</small>	Debbie S	S1
	18.30-19.30	Clubbercise <small>Minimum age 18yrs</small>	Debbie S	SH
19.30-20.00	Aqua Jog - Based in deep end <small>Minimum age 16yrs</small>	Debbie S	P	
Saturday	7.45-8.45	Boot Camp	Kate	SH
	8.00-8.30	Spinfinity <small>Minimum age 16yrs</small>	Lori	S2
	8.30-9.00	Metafit <small>Minimum age 14yrs</small>	Lori	S1
	8.45-9.15	Spinfinity <small>Minimum age 16yrs</small>	Steph	S2
	9.00-10.00	Pump It Up <small>Minimum age 16yrs</small>	Lori	S1
10.00-10.45	Abs HIIT <small>Minimum age 14yrs</small>	Lori	S1	
Sunday	9.00-9.30	Spinfinity <small>Minimum age 16yrs</small>	Debbie G	S2
	9.30-10.30	Body Blitz <small>Minimum age 18yrs</small>	Lori	SH
	19.00-20.00	Water Works Aqua Aerobics <small>Minimum age 14yrs</small>	Debbie S	P





# Hood Park Leisure Centre - Fitness classes

Day	Time	Class	Instructor	Venue
Monday	7.05-7.35	P90X <small>Minimum age 18yrs</small>	Mel	S
	9.00-9.30	P90X <small>Minimum age 18yrs</small>	Rachael	S
	9.30-10.30	PiYo <small>Minimum age 18yrs</small>	Rachael	S
	10.30-11.30	Body Pump <small>Minimum age 18yrs</small>	Rachael	S
	11.30-12.30	50+ Keep Fit - £4.10	Rachael	S
	14.15-15.15	Shibashi Tai Chi <small>Minimum age 16yrs</small>	Candy	S
	17.45-18.30	Spinfinity <small>Minimum age 16yrs</small>	Julian	S
	18.30-19.30	Body Blitz <small>Minimum age 16yrs</small>	Debbie G	S
	19.30-20.15	Studio Spin and Core <small>Minimum age 16yrs</small>	Debbie G	S
	19.30-20.30	Zumba <small>Minimum age 16yrs</small>	Sandi	SH
20.30-21.30	Body Pump <small>Minimum age 18yrs</small>	Nikki H	S	

Tuesday	7.05-7.35	Metafit <small>Minimum age 14yrs</small>	Mel	S
	9.00-9.30	Spinfinity <small>Minimum age 16yrs</small>	Rachael	S
	9.05-10.05	Water Works Aqua Aerobics <small>Minimum age 14yrs</small>	Debbie S	P
	9.30-10.30	Body Pump <small>Minimum age 18yrs</small>	Rachael	S
	10.30-11.30	Body Balance <small>Minimum age 18yrs</small>	Rachael	S
	18.30-19.30	Body Pump <small>Minimum age 18yrs</small>	Julian	S
	19.30-20.30	Studio Spin and Core <small>Minimum age 16yrs</small>	Debbie G	S
	20.00-21.00	Water Works Aqua Aerobics <small>Minimum age 14yrs</small>	Debbie S	P

Wednesday	7.05-7.35	HITT Strength <small>Minimum age 16yrs</small>	Mel	S
	9.10-10.10	Gentle Aqua Aerobics - GP	Julian	P
	9.30-10.30	Cardio Sculpt <small>Minimum age 16yrs</small>	Nikki H	S
	10.30-11.30	Pilates <small>Minimum age 14yrs</small>	Sandi	S
	11.30-12.30	50+ Keep Fit - £4.10	Claire	S
	17.00-17.30	Spinfinity <small>Minimum age 16yrs</small>	Rachael	S
	17.30-18.30	Body Pump <small>Minimum age 18yrs</small>	Rachael	S
	18.30-19.30	Dance Step - Adv <small>Minimum age 14yrs</small>	Rachael	S
	19.30-20.30	Yoga Strength - Int / Adv <small>Minimum age 18yrs</small>	Rachael	S
	20.30-21.00	Metafit <small>Minimum age 14yrs</small>	Mel	S

Thursday	7.05-7.35	Spinfinity <small>Minimum age 16yrs</small>	Mel	S
	9.15-10.00	Aqua Aerobics <small>Minimum age 14yrs</small>	Nicki H	P
	9.15-9.45	Meta PWR <small>Minimum age 16yrs</small>	Lori	S
	9.45-10.45	Body Blitz <small>Minimum age 18yrs</small>	Lori	S
	10.45-11.30	PiYo <small>Minimum age 18yrs</small>	Claire	S
	17.50-18.20	Spinfinity <small>Minimum age 16yrs</small>	Steph	S
	18.30-19.30	Circuits <small>Minimum age 18yrs</small>	Julian	SH





Thursday	18.30-19.30	Tabata Body Blitz <small>Minimum age 18yrs</small>	Debbie G	S
	19.30-20.30	Studio Spin & Core <small>Minimum age 16yrs</small>	Julian	S
	20.00-21.00	Aqua Aerobics <small>Minimum age 14yrs</small>	Sarah	P

Friday	7.10-7.40	MetaPWR <small>Minimum age 16yrs</small>	Mel	S
	9.00-9.30	Spinfinity <small>Minimum age 16yrs</small>	Julian	S
	9.30-10.30	Dance Step - Int / Adv <small>Minimum age 14yrs</small>	Rachael	S
	10.30-11.30	Body Balance <small>Minimum age 18yrs</small>	Rachael	S
	11.30-12.30	Body Pump <small>Minimum age 18yrs</small>	Rachael	S
	13.00-14.00	Pilates <small>Minimum age 14yrs</small>	Melissa	FR
	17.25-17.55	MetaPWR <small>Minimum age 16yrs</small>	Mel	S
	18.00-18.30	Metafit <small>Minimum age 14yrs</small>	Mel	S
	18.00-19.00	Yoga For Relaxation <small>Minimum age 14yrs</small>	Sandi	FR
18.30-19.00	Abs HIIT <small>Minimum age 14yrs</small>	Mel	S	

Saturday	7.50-8.20	Spinfinity <small>Minimum age 16yrs</small>	Claire	S
	8.30-9.30	Body Balance <small>Minimum age 18yrs</small>	Tracey S	S
	8.45-9.30	Pilates <small>Minimum age 14yrs</small>	Claire	FR
	9.30-10.30	Body Blitz <small>Minimum age 16yrs</small>	Debbie S	S

Sunday	8.30-9.00	P90X <small>Minimum age 18yrs</small>	Rachael	S
	9.00-10.00	Kettlebell Training <small>Minimum age 18yrs</small>	Rachael	S
	10.00-10.30	Spinfinity <small>Minimum age 16yrs</small>	Rachael	S
	10.30-11.30	Dance Step - Int / Adv <small>Minimum age 14yrs</small>	Rachael	S
	11.30-12.30	Yoga Strength <small>Minimum age 14yrs</small>	Rachael	S

## Measham Leisure Centre - Fitness classes

Day	Time	Class
Monday	9.30-10.30	Body Conditioning
	10.30-11.30	Pilates
	17.45-18.30	Body Combat
	18.30-19.30	Yoga Strength <small>Minimum age 14yrs</small>
	19.30-20.30	Kettlebells <small>Minimum age 14yrs</small>
Tuesday	9.30-10.30	P90X
	10.30-11.30	Step N Tone
	11.30-12.30	Seated Aerobics - £2.80
	17.30-18.30	Yoga Relax
	18.30-19.30	Zumba <small>Minimum age 14yrs</small>
Wed	9.30-10.30	Fitness Pump
	10.30-11.30	Mind and Body

Day	Time	Class
Wed	13.00-14.00	Bums and Tums
	17.30-18.30	Junior Circuit (11-16yrs)
	18.30-19.30	Body combat <small>Minimum age 14yrs</small>
Thursday	9.15-9.45	Metafit
	9.45-10.45	Piyo
	10.45-11.30	Yoga Strength
	11.30-12.30	50+ Seated Aerobics
Friday	18.30-19.30	P90X
	9.30-10.30	P90X
	10.30-11.30	Pilates
Sat	10.00-11.00	Dance fusion <small>Minimum age 14yrs</small>



# Hermitage Leisure Centre - Main pool - Term time only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7.00	Swim Lanes 15 yrs + 7am-9am							Closed
8.00								Closed
9.00	Public swim 9am-10am	Aqua Aerobics 9:30am-10:30am	Swim Academy 9am-9:30am	Aqua Tots 9:40am-10:30am <small>Shallow end of the main pool closed</small>	Aqua Tots 9:40am-10:30am <small>Shallow end of the main pool closed</small>	NWL Swim Academy swimming lessons 8.30am-1pm	Swim Lanes 15 yrs + 7.30am-8.30am*	
10.00	Special Needs session 10am-11.30am <small>(not on bank holidays) Coalville Swim Club Training 10am-12noon (bank holidays)</small>	Public swim 9am-9am-3:45pm	Public swim 9am-3:45pm	Public swim 9am-4pm	Public swim 9am-3pm		Public swim 8.30am-7pm	
11.00		Aqua Aerobics 10:30am-11:30am	School swim 10:30-11:30am		Aqua Aerobics 10.30am-11.30am		Family Aqua Splash <small>NEW SESSION with rafts and floats 10.30-12noon</small>	
12.00	Aqua Calorie Attack 2 lanes 12-1.30pm	Aqua Calorie Attack 2 lanes 12-2pm	Aqua Calorie Attack 2 lanes 12-1.30pm	Aqua Calorie Attack 2 lanes 12pm-2pm	Aqua Calorie Attack 2 lanes 12-2pm			
1.00	School Swim 1.30-2.30pm		School Swim 1.45pm-2.15pm			Public swim 1pm-4.45pm		
2.00			Gentle Aqua Aerobics 2.30pm-3.30pm					
3.00					Staff Training <small>1st Friday of the month pool closed*</small>			
4.00	NWL Swim Academy swimming lessons 4pm-6pm	NWL Swim Academy swimming lessons 3.45pm-5.15pm	NWL Swim Academy swimming lessons 3.45pm-5.15pm	NWL Swim Academy swimming lessons 4pm-7pm	NWL Swim Academy swimming lessons 4pm-6pm			
5.00		Adult lessons 5.45pm-9pm	Public swim 5.15pm-6.30pm		Adult lessons	Available for private party hire 5pm-6pm	Lane Swim 5pm-7pm	
6.00	Swim Club Link 6pm-7pm	Lane Swim 6.15pm-7pm	Aqua aerobics 6.30pm-7.30pm	Free Disabled Swim 7pm-8pm	Aqua Jog 7.30-8pm	Available for private party hire 6.30pm-7.30pm	Water Works Aqua Aerobics 7pm-8pm	
7.00	Coalville Swim Club 7pm-9.10pm	Aqua Aerobics 7pm-8pm	Public swim 7.30-9pm	Public swim 8pm-9pm	Lane Swim 8pm-9pm			
8.00		Aqua Calm Come and have a swim to relaxing music 8-9pm						
9.00	Swim Lanes 15 yrs + 9.10pm-10pm	15 yrs +	Swim Lanes 15 yrs + 9pm-10pm				Closed	
					Closed			

For up to date changes to the pool programmes, please visit [www.nwleics.gov.uk/swimming](http://www.nwleics.gov.uk/swimming)

# Hermitage Leisure Centre - Main pool - School holidays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7.00			Swim Lanes 15 yrs + 7am-9am				Closed	Closed
8.00								
9.00	Public Swim 9am-10am	Aqua Aerobics 9.30am-10.30am Aqua Aerobics 10.30am-11.30am	NWL Swim Academy 9am-9.30am Public Swim 9am-1.30pm	Aqua Tots 9.40am-10.30am Shallow end of the main pool closed Public Swim 9am-4pm	Aqua Tots 9.40am-10.30am Shallow end of the main pool closed Public Swim 9am-1.30pm	NWL Swim Academy swimming lessons 8.30am-1pm	Public Swim 8.30am-7pm	
10.00	Pool closed due to holiday activities							
11.00	Coalville Swim Club Training 10am-12noon (bank holidays)							
12.00	Aqua Calorie Attack 2 lanes 11.30am-12-1.30pm Public swim 1.30pm	Aqua Calorie Attack 2 lanes 12-1.30pm	Aqua Calorie Attack 2 lanes 12-1.30pm	Aqua Calorie Attack 2 lanes 12-1.30pm	Aqua Aerobics 10.30am-1.30am Aqua Calorie Attack 2 lanes 12-1.30pm	Family Aqua Splash with infls and floats 10.30am-12noon		
1.00								
2.00	Inflatable Session (8-14s only) 1.45pm-2.45pm		Inflatable Session (8-14s only) 1.45pm-2.45pm		Inflatable Session (8-14s only) 1.45pm-2.45pm			
3.00	Public swim 3pm-4pm	Gentle Aqua Aerobics 2.30pm-3.30pm Adult only swim 2.30-3.45pm	Public Swim 3pm-3.45pm		Staff Training 1st Friday of the month pool closed			
4.00	NWL Swim Academy swimming lessons 4pm-6pm	NWL Swim Academy swimming lessons 3.45pm-5.45pm	NWL Swim Academy swimming lessons 3.45pm-5.15pm	NWL Swim Academy swimming lessons 4pm-7pm	NWL Swim Academy swimming lessons 4pm-6pm			
5.00		Adult lessons Lane swim 6.15pm-7pm	Public Swim 5.15pm-6.30pm			Available for private party hire 5pm-6pm	Lane Swim 5pm-7pm	
6.00	Swim Club Link 6pm-7pm	Public Swim 5.45pm-9pm Lane swim 6.15pm-7pm	Aqua Aerobics 6.30pm/7.30pm Adult only lanes swim 1 lane	Free Disabled Swim 7pm-8pm	Public Swim 6pm-9pm Aqua泳 7.30-8pm	Available for private party hire 6.30pm-7.30pm	Water Works Aqua Aerobics 7pm-8pm	
7.00	Coshillville Swim Club 7pm-9.10pm	Aqua Aerobics 7pm-8pm	Public swim 7.30pm-9pm	Public Swim 8pm-9pm				
8.00		Aqua Calm Come and have a swim to relaxing music 8-9pm 1.5 yrs +						
9.00	Swim Lanes 15 yrs + 9.10pm-10pm			Swim Lanes 15 yrs + 9pm-10pm		Closed	Closed	





# Hermitage Leisure Centre - Splash pool - Term time only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00	Closed	Closed	Closed	Closed	Closed	Closed	Closed
8.00							
9.00	Public swim 9am-10am	Public swim 9am-3.45pm	Public swim 9am-3.45pm	Public swim 9am-4pm	Public swim 9am-3pm	NWL Swim Academy swimming lessons 8.30am-1.30pm	Public swim 8.30am-7pm Swim lessons will be using half splash pool 8.15am-9.45am
10.00	Closed						
11.00							
12.00	Public swim 11.30am-4pm			Swim lessons will be using half splash pool 9am-12.30pm and 3.30-4pm	Swim lessons will be using half splash pool 9am-10.30am and 11.30am-12.30pm		
1.00	Swim lessons will be using half splash pool 11.30am-12.30pm						
2.00							
3.00					Closed		
4.00	NWL Swim Academy swimming lessons 4pm-6pm	NWL Swim Academy swimming lessons 3.45pm-5.45pm	NWL s Swim Academy swimming lessons 3.45pm-5.45pm	NWL Swim Academy swimming lessons 4pm-7pm	NWL Swim Academy swimming lessons 4pm-6pm	Public swim 1.30pm-4.45pm	
5.00						Available for private party hire 5pm-6pm	
6.00		Public Swim 5.45pm-9pm	Public swim 5.45pm-6.30pm		Public Swim 6pm-9pm	Available for private party hire	
7.00		Swim lessons will be using half splash pool 5.45pm-6.15pm	Closed	Closed		Available for private party hire 6.30pm-7.30pm	
8.00			Public Swim 7.30-9pm	Public Swim 8pm-9pm			
9.00	Closed	Closed	Closed	Closed	Closed	Closed	Closed

For up to date changes to the pool programmes, please visit [www.nwleics.gov.uk/swimming](http://www.nwleics.gov.uk/swimming)





# Hermitage Leisure Centre - Splash pool - School holidays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00	Closed	Closed	Closed	Closed	Closed	Closed	Closed
8.00							
9.00	NWL Swim Academy Crash Course	Public Swim 9am-2.30pm Swim lessons will be using half splash pool 9am-11am	NWL Swim Academy Crash Course 9.30-10.30am	NWL Swim Academy lessons 9-11am	NWL Swim Academy lessons 9-10.30am	NWL Swim Academy swimming lessons 8.30am-1.30pm	Public Swim 8.30am-7pm Swim lessons will be using half splash pool 8.15am-9.45am
10.00							
11.00							
12.00	Public swim 11.30am-1.30pm Swim lessons will be using half splash pool 11.30am-12.30pm						
1.00			NWL Swim Academy 12.30-1.30pm	Public Swim 11.00am-4pm	NWL Swim Academy 11.30-12.30 Public Swim 10.30am-1.30pm		
2.00	Closed	Closed	Closed				
3.00	Public swim 3pm-4pm		Public Swim 3pm-3.45pm			Public Swim 1.30pm-4.45pm	
4.00		NWLs Swim Academy swimming lessons 3.45pm-5.45pm	NWLs Swim Academy swimming lessons 3.45pm-5.45pm	NWLs Swim Academy swimming lessons 4pm-7pm	NWLs Swim Academy swimming lessons 4pm-6pm	Available for private party hire 5pm-6pm	
5.00						Available for private party hire	
6.00		Public Swim 5.45pm-9pm Swim lessons will be using half splash pool 5.45pm-6.15pm	Public Swim 5.45pm-6.30pm		Public Swim 6pm-9pm	Available for private party hire 6.30pm-7.30pm	
7.00			Closed	Closed			
8.00			Public swim 7.30pm-9pm	Public swim 8pm-9pm			
9.00	Closed	Closed	Closed	Closed	Closed	Closed	Closed



# Hood Park Leisure Centre - Main pool - Term time only

\*Appropriate music will be played during the day

	Monday*	Tuesday	Wednesday*	Thursday	Friday*	Saturday*	Sunday
7.00			Swim Lanes 15 yrs + 7am-9am			Closed	Closed
8.00						Swim Lanes 15 yrs + 7.30am-9am	
9.00	Public Swim 9am-12noon	Water Works Aqua Aerobics 9.05am-10.05am	Gentle Aqua Aerobics 9.10am-10.10am	Aqua Aerobics 9.15am-10am	Lane Swim 9am-9.30am	Public Swim 9am-4pm	Public Swim 9am-1.15pm
10.00		School Swimming 10.15am-12.15pm	School Swimming 10am-12.00noon	Public Swim 9.30am-12.00noon			
11.00							
12.00	Aqua Calorie Attack Lanes 12-1.15pm	Aqua Calorie Attack Lanes 12.15pm-1.15pm	Aqua Calorie Attack Lanes 12-1.15pm	Aqua Calorie Attack Lanes 12.15pm-1.15pm	Aqua Calorie Attack Lanes 12.00noon-1.30pm		
1.00							Family Aqua Splash NEW SESSION with lifts and floats 1.30-2.30pm (starts 22 July)
2.00	School Swimming 1.15pm-3.30pm	School Swimming 1.30pm-3.30pm	School Swimming 1.15pm-3.30pm	School Swimming 1.30pm-3.30pm	School Swimming 1.30pm-3pm		Public Swim 2.45-5pm
3.00					GP Referral 3pm-3.30pm	Pool Inflatables (8-14s only) 4.15-5pm	
4.00	NWL Swim Academy swimming lessons 3.30pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.30pm-7pm	Available for private party hire 5.15pm-6.15pm	Lane Swimming 5pm-6pm
5.00						Closed	
6.00	Public swim 6.15pm-9pm	Public Swim 6.15pm-8pm	Lane Swimming 6.15pm-7.15pm	Public Swim 6.15pm-8pm	Coalville Swim Club 7pm-9pm	Free Disabled session 6.30pm-7.30pm	Closed
7.00		Water Works Aqua Aerobics 8pm-9pm	Public swim 7.15pm-9pm	Aqua Aerobics 8pm-9pm			
8.00							
9.00			Swim Lanes 15 yrs + 9pm-10pm		NEW Aqua Calm: 9pm-10pm		

For up to date changes to the pool programmes, please visit [www.nwleics.gov.uk/swimming](http://www.nwleics.gov.uk/swimming)

# Hood Park Leisure Centre - Main pool - School holidays

	Monday*	Tuesday	Wednesday*	Thursday	Friday*	Saturday*	Sunday	
7.00	Swim Lanes 15 yrs + 7am-9am							Closed
8.00								Closed
9.00								Swim Lanes 15 yrs + 7.30am-9am
9.00	Public Swim 9am-12noon	Water Works Aqua Aerobics 9.05am-10.05am	Gentle Aqua Aerobics 9.10am-10.10am	Aqua Aerobics 9.15am-10am Starting 3 August	Lane Swim 9am-9.30am	Public Swim 9am-4pm	Public Swim 9am-1.15pm	
10.00	Public Swim 10.15am-12.30pm	Public Swim 10.15am-12.30pm	Public Swim 10.15am-12.00noon	Public Swim 10am-12.30pm	Public Swim 9.30am-12.00noon	Public Swim 9am-4pm	Public Swim 9am-1.15pm	
11.00								
12.00	Aqua Calorie Attack Lanes 12-1.15pm	Aqua Calorie Attack Lanes 12.30pm-1.30pm	Aqua Calorie Attack Lanes 12-1.15pm	Aqua Calorie Attack Lanes 12.30pm-1.30pm	Aqua Calorie Attack Lanes 12.00noon-1.30pm			
1.00	Public swim 1.15pm-3.15pm	Inflatable Session (8-14's only) 1.45pm-2.30pm	Public Swim 1.15pm-3.15pm	Inflatable Session (8-14's only) 1.45pm-2.30pm	Public Swim 1.30pm-2.45pm		Family Aqua Splash NEW SESSION with rats and floats 1.30-2.30pm (starts 22 July)	
2.00		Public Swim 2.45pm-3.30pm		Public Swim 2.45pm-3.30pm			Public Swim 9am-1.15pm	
3.00					GP Referral 3pm-3.30pm			
4.00	NWL Swim Academy swimming lessons 3.30pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.30pm-7pm	Pool Inflatable (8-14's only) 4.15-5pm		
5.00						Available for private party hire 5.15pm-6.15pm	Lane Swimming 5pm-6pm	
6.00	Public swim 6.15pm-9pm	Public Swim 6.15pm-8pm	Lane swimming 6.15pm-7.15pm	Public Swim 6.15pm-8pm	Coalville Swim Club 7pm-9pm	Closed		
7.00		Water Works Aqua Aerobics 8pm-9pm	Public Swim 7.15pm-9pm	Aqua Aerobics 8pm-9pm		Free Disabled session 6.30pm-7.30pm		
8.00							Closed	
9.00			Swim Lanes 15 yrs + 9pm-10pm		NEW Aqua Calm: 9pm-10pm			



# Hood Park Leisure Centre - Teaching pool - Term time only

	Monday*	Tuesday	Wednesday*	Thursday	Friday*	Saturday*	Sunday
7.00	Closed	Closed	Closed	Closed	Closed	Closed	Closed
8.00						NWL Swim Academy 7.45-10.15am	NWL Swim Academy 7.45am-9.45am
9.00	Public Swim 9am-1.15pm NWL swim academy swimming lessons will be using half of the teaching pool 9.15am-12.15pm	Public Swim 9am-10.05am	Public Swim 9.10am-10.0am	Public Swim 9am-10am	Public Swim 9.30am-1.30pm NWL swim academy swimming lessons will be using half of the teaching pool 10am-1pm		Public Swim 9.45am-6pm
10.00		School Swimming 10.15am-12.15pm	School Swimming 10.15am-12.00noon	School Swimming 10.15am-12.00noon			
11.00							
12.00			Public Swim 12-1.15pm	Public Swim 12.30pm-1.30pm	Aqua Tots 1.00-1.30pm		
1.00	School Swimming 1.15pm-3.30pm	AquaTots 12.15-12.45pm 12.45-1.15pm	School Swimming 1.15pm-3.30pm	Public Swim 12.30pm-1.30pm	School Swimming 1.30pm-3pm		
2.00		School Swimming 1.30pm-3.30pm		School Swimming 1.30pm-3.30pm			
3.00					Closed		
4.00	NWL Swim Academy swimming lessons 3.30pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.30pm-7pm		
5.00							
6.00	Public swim 6.15pm-8pm	Public swim 6.15pm-8pm	Public swim 6.15pm-8pm	Public swim 6.15pm-8pm			
6.15	Swim lessons 6.15-6.45pm	Swim lessons 6.15-6.45pm	Swim lessons 6.15-6.45pm	Swim lessons 6.15-6.45pm			
7.00							
8.00							
9.00	Closed	Closed	Closed	Closed	Closed	Closed	Closed

For up to date changes to the pool programmes, please visit [www.nwleics.gov.uk/swimming](http://www.nwleics.gov.uk/swimming)







# Hood Park Leisure Centre - Teaching pool - School holidays

	Monday*	Tuesday	Wednesday*	Thursday	Friday*	Saturday*	Sunday
7.00	Closed	Closed	Closed	Closed	Closed	Closed	Closed
8.00							
9.00	NWL Swim Academy lessons 9-11am NWL Swim Academy Crash Courses 9-11am	NWL Swim Academy Crash Courses 9-11am	NWL Swim Academy Crash Courses 9-11am	NWL Swim Academy Crash Courses 9-11am	NWL Swim Academy Crash Courses 9-11am	NWL Swim Academy 7.45am-10.15am	NWL Swim Academy 7.45am-9.45am
10.00							
11.00	NWL Swim Academy 11am-12.15pm	Public Swim 9-1.30pm	Public Swim 9-3.30pm	Public Swim 9am-1.30pm		Public Swim 10.15am-4pm	Public Swim 9.45am-6pm
12.00							
1.00	Public Swim 11am-3.30pm	Aqua Tots 12.15-12.45pm	Public Swim 9-3.30pm	Public Swim 12.30pm-1.30pm	12-1.15pm		
2.00		Closed		Closed			
3.00		Public Swim 2.45pm-3.30pm		Public Swim 2.45pm-3.30pm	Public Swim 1.30pm-2.45pm		
4.00	NWL Swim Academy swimming lessons 3.30pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.45pm-6.15pm	NWL Swim Academy swimming lessons 3.30pm-7pm		
5.00							
6.00	Public swim 6.15pm-8pm	Public swim 6.15pm-8pm	Public swim 6.15pm-8pm	Public swim 6.15pm-8pm			
7.00	Swim lessons 6.15-6.45pm	Swim lessons 6.15-6.45pm	Swim lessons 6.15-6.45pm	Swim lessons 6.15-6.45pm			
8.00							
9.00							





## Swimming session descriptions

### Adults only

These sessions are only available for swimmers aged 16+ years. During these sessions, no lanes will be available for length swimming.

### Aqua Aerobics

Looking for a different and challenging workout? If you have any joint problems and are unable to take part in a normal workout class then aqua aerobics may be for you! If you do suffer from joint problems then please consult your Doctor first. Other aqua aerobics classes include Total Immersion Aqua, Aqua Jog, Hard Core Aqua Circuits and Aqua Zumba.

### Aqua Calm

If you need to unwind then what better way than going to a swim in the pool on Tuesday evenings from 8-10pm! Come along and have a relaxing swim to relaxing music! Sessions cost the price of a normal swim.

### Aqua Calorie Attack

Come along and burn some calories off in the new re-branded lunch time lanes. Held throughout the week, lane swimming is a great way to burn up to 300 calories in just 30 minutes. Training equipment such as leg floats and large hand floats will be available on pool side for you to borrow during these sessions. Please be aware that this is not an instructor lead session.

### Early Morning Sessions / Lunchtime Lanes / Lane Swimming

These sessions have been tailored towards the more serious swimmers who have limited time available before or after work or just fancy a quick dip at lunchtime.

### Family Aqua Splash

A fun session for all the family with rafts, floats, ring, surfboards and more available.

### Public Sessions

Our public sessions are suitable for all types of swimmer and are great for children and families.

### Kids Inflatable

A great way for your children to burn off all that extra energy at the weekends or during the school holidays. These sessions are limited to children aged 8-14 years and numbers are limited so arrive early to avoid disappointment. To attend you must be able to swim 25m

### Music Policy

Please be aware that appropriate music will be played throughout the day at Hermitage and Hood Park Leisure Centres.

## Swimming pool session key



Public swimming



Aqua aerobics



Lane swimming



Coalville swim club



NWL swim academy



Aqua calm / Family aqua splash





## School holiday programme

### Hood Park Leisure Centre

12 -16 February                      26 March - 6 April  
28 May - 1 June                      16 July - 31 August  
22 - 26 October                      23 December - 4 January 2019

### Hermitage Leisure Centre

12 -16 February                      26 March - 6 April  
28 May - 1 June                      16 July - 24 August  
15 - 19 October                      24 December - 4 January 2019

We will be operating the school holiday programme during certain dates

## Safety guidelines and information

1. Please note tickets for sessions will be available from Reception at the designated session start time and not prior to this.
2. If you have any health conditions please ensure that you inform the lifeguards.
3. Never swim under the effects of alcohol or after a heavy meal.
4. Avoid holding your breath and swimming long distances under water.
5. Make sure you know the depth of water you are in and check where slopes lead into deep water. Non-swimmers are not allowed in the deep end.
6. It is safer to swim with a companion. Please keep an eye open for other swimmers and be careful around children and non-swimmers.
7. If you see someone in difficulty get help immediately.
8. All children under the age of 8 must be accompanied in the water by a responsible adult (over 16) who can be responsible for: up to 2 children under 5, up to 3 children 5-7 years old, 1 child under 5 and 1 child 5-7 years old.
9. Unruly behaviour in and around the pool is strictly forbidden.
10. All our lifeguards are trained to the nationally recognised Royal Life Saving Society National Pool Lifeguard standard so let us look after your safety whilst you swim.
11. Both leisure centres operate a Learn To Swim Scheme. For further information, please ask at reception for an information pack or visit [www.nwleics.gov.uk/nwlswimacademy](http://www.nwleics.gov.uk/nwlswimacademy).
12. Coalville Swimming Club is the district's competitive swimming club. For further information, please contact Joanne Keller 07970 069748.
13. Please be aware that the pools close early on bank holidays.





## Health Suite

If you are looking for somewhere to relax there's no need to look any further. With its state of the art facilities, the health suite at Hermitage Leisure Centre is the place to be.

Facilities on offer within the health suite include:

- Spa pool
- Steam room
- Sauna
- Foot spas
- Monsoon shower

### Admission prices

Adults £7.60      Leisure Link members £5.90

### Opening times

Monday, Tuesday, Thursday and Friday 7am - 10pm

Wednesday 8.30am - 10pm

Saturday and Sunday 7.30am - 8pm

Please note that after 5pm Monday to Friday the health suite will be exclusive access for fitness members. If you are going to be using the health suite a lot, why not become a fitness member?

### Health suite available for private hire

If you are looking for that ideal location to relax with your friends that's somewhere different, why not try out the health suite at Hermitage Leisure Centre? Now available for private hire bookings on Saturday evenings from 7pm-8pm the state of the art health suite is a fantastic place to forget what is going on in the outside world and relax.

What's more, these new private hire slots are available when children's parties are available in the pool, so while your children are burning their energy off in the pool, you can take the time off and sit in the sauna, steam room or whirlpool spa! Private hire of the health suite costs £40 per hour and can accommodate up to 16 users. To book your party, please call 01530 811215 now.



**Please be aware that the minimum age to use the Health Suite is 16 years old when accompanied by an adult or 18 years old on your own.**





# Does your child need to Learn to Swim?



## Try Hermitage and Hood Park Leisure Centres



Check how  
your child is  
doing online

Lessons  
taught  
to the ASA  
National  
Plan

Pay by  
monthly direct  
debit

Select  
the class that  
your child  
moves  
to online

For more information please contact  
Hermitage Leisure Centre on 01530 811215  
or Hood Park Leisure Centre on 01530 412181  
visit [www.nwleics.gov.uk/nwlswimacademy](http://www.nwleics.gov.uk/nwlswimacademy)





# TRY OUT OUR NEW ACTIVE FITNESS MEMBERSHIPS

at Hermitage and Hood Park Leisure Centres

Active  
Class

Active  
60  
Plus

Active  
Joint

Active  
Family

Active  
Gym

  
North West  
Leicestershire  
District Council

For more information or to join online visit  
[www.nwleics.gov.uk/fitness\\_membership](http://www.nwleics.gov.uk/fitness_membership)  
or email [laura.bowley@nwleicestershire.gov.uk](mailto:laura.bowley@nwleicestershire.gov.uk)  
or [katherine.bancroft@nwleicestershire.gov.uk](mailto:katherine.bancroft@nwleicestershire.gov.uk)

What is the best fitness membership package for me?