

CHORLEY ACTIVITY SCHEDULE


Valid from 1st April – 30th June 2012

GET UP AND GET ACTIVE!

Welcome to our extensive range of sports and activities. Whether you are a complete beginner or want to improve your skills, we have something to suit you.

Our experienced and friendly staff will ensure that, whatever you choose will be enjoyable and effective.

Here we have a range of activities, but we also offer the following sports to help kick start that active lifestyle.

Badminton, Tennis, Basketball, Football, Trampolining, Dance and Gymnastics plus more! 

ACTIVITY DESCRIPTIONS



MOVE

An intense cardio workout that gets you moving to a series of co-ordinated routines.

POWER

If strength and toning is your thing, then this is it. You will be using weight training to build, tone and define.

CORE

Build your inner strength and tone those abs! Washboard stomach here we come!

EXPRESS

In a rush? These classes are designed to help you get the most out of a quick 15 minute workout.

SWITCH

Variety is the spice of life! So spice up your workout by getting involved in a class that gives you the best bits from all the categories.

SHAPE

Fancy shedding a few pounds and beating those bingo wings? Our shape classes are focused on helping you to fight that flab.



SPORT

If you're looking to improve your sporting performance, there is plenty you can achieve in our range of classes. Our sport classes can develop your target speed, agility and strength to get the most out of your game.

SPLASH

Water based exercise is a great low impact workout. Aqua classes focus on cardio activity and toning.

MIND

Get your mind and body aligned in harmony! Use these exercises to de-stress and improve your state of mind.

HEALTH

A range of classes that promote health and recovery.



COME AND HAVE A GO!

ALL SEASONS OPENING TIMES

Monday – Friday **7.00 – 23.00**
Saturday **7.00 – 22.00**
Sunday **7.00 – 23.00**

GYM – ALL SEASONS

Monday – Friday **7.00 – 22.00**
Saturday **7.00 – 19.00**
Sunday **7.00 – 19.00**



CLAYTON GREEN OPENING TIMES

Monday – Friday **7.00 – 23.30**
Saturday **8.30 – 21.00**
Sunday **8.30 – 21.00**

GYM – CLAYTON GREEN

Monday – Friday **7.00 – 22.00**
Saturday **7.00 – 18.00**
Sunday **7.00 – 18.00**



All Seasons Leisure Centre

03000 200 136

Clayton Green Sports Centre

03000 200 136

Brinscall Swimming Pool

03000 200 136

CONTACT US OR VISIT US ONLINE AT

WWW.ACTIVENATION.ORG.UK

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CHORLEY ACTIVITY SCHEDULE

Valid from 1st April – 30th June 2012

ALL SEASONS ACTIVITIES

CLAYTON GREEN ACTIVITIES

BRINSCALL ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
 EXERCISE INTENSITY 1 DISCOVER 2 EXPLORE 3 EXCEL	TRY ME LEGS BUMS & TUMS £3.25 10.00 – 10.45 PRACTICE HALL 1 STUDIO CYCLING £4.20 10.00 – 10.45 ACTIVITY STUDIO 2 BODY COMBAT £4.50 10.00 – 11.00 STUDIO 1 50+ CIRCUITS £2.70 10.30 – 11.30 MAIN HALL 1 DEEP AQUA AEROBICS £3.50 11.00 – 11.45 POOL - DEEP END 1 BODY PUMP £4.00 11.00 – 11.45 PRACTICE HALL 1	BODY COMBAT £4.50 10.00 – 11.00 PRACTICE HALL 2 HEALTH WALK £2.00 10.30 – 11.30 ACTIVITY ROOM 1 BODY PUMP £4.50 10.30 – 11.30 STUDIO 1 ZUMBA® £4.20 11.00 – 12.00 PRACTICE HALL 1	BODY PUMP £4.50 10.00 – 11.00 PRACTICE HALL 2 50+ RACQUETS £2.70 10.00 – 11.30 MAIN HALL 1 PHYSICAL YOGA £4.00 10.30 – 11.30 SQUASH COURT 1 DEEP AQUA AEROBICS £3.50 11.00 – 12.00 POOL - DEEP END 1	STUDIO CYCLING £4.20 10.00 – 10.45 ACTIVITY STUDIO 2 BODY PUMP £4.50 10.00 – 11.00 STUDIO 1 50+ CIRCUITS £2.70 10.30 – 11.30 MAIN HALL 1 AEROBICS/FAB 50'S £2.75 11.00 – 12.00 PRACTICE HALL 1	TRY ME CYCLE BLAST £4.00 7.15 – 8.00 ACTIVITY STUDIO 2 STEP & SHAPE £4.20 10.00 – 11.00 PRACTICE HALL 1 BODY COMBAT £4.50 10.00 – 11.00 STUDIO 1	STUDIO CYCLING £4.20 10.00 – 11.00 ACTIVITY STUDIO 2	BODY COMBAT £4.50 10.00 – 11.00 MAIN HALL 1 BODY PUMP £4.50 11.00 – 12.00 STUDIO 1	
		ZUMBA® £3.75 12.30 – 13.15 PRACTICE HALL 1 GENTLE CIRCUITS £1.65 14.00 – 15.00 PRACTICE HALL 1	YOGA £4.20 12.30 – 13.30 ACTIVITY STUDIO 1	PILATES £3.25 12.15 – 13.00 ACTIVITY STUDIO 1	AQUA AEROBICS £2.75 12.00 – 12.45 MAIN POOL 1 CORE CONDITIONING £3.25 12.15 – 13.00 PRACTICE HALL 1	DISCOVER ZUMBA® FREE 12.00 – 12.15 PRACTICE HALL 1 ZUMBA® £3.75 12.15 – 13.00 PRACTICE HALL 1 TRY ME GENTLE CIRCUITS £1.65 14.00 – 15.00 MAIN HALL 1	DISCOVER COMBAT FREE 12.45 – 13.00 PRACTICE HALL 1 BODY COMBAT £4.50 13.00 – 14.00 PRACTICE HALL 2	
		ZUMBA® £4.00 18.00 – 18.45 PRACTICE HALL 1 BODY COMBAT £4.50 18.00 – 19.00 MAIN HALL 2 STUDIO CYCLING £4.20 18.00 – 18.45 ACTIVITY STUDIO 2 BODY PUMP £4.50 18.00 – 19.00 STUDIO 1 TRY ME GLIDING £4.20 19.00 – 20.00 ACTIVITY STUDIO 2 PHYSICAL YOGA £5.25 19.00 – 20.30 STUDIO 1 TRY ME EXTREME BOXERCISE £4.20 19.00 – 20.00 PRACTICE HALL 2 PILATES £4.20 20.15 – 21.15 ACTIVITY STUDIO 1 TRY ME ZUMBA® £4.20 20.30 – 21.30 STUDIO 1	DISCOVER BODY PUMP FREE 17.45 – 18.00 PRACTICE HALL 1 BODY PUMP £4.50 18.00 – 19.00 PRACTICE HALL 2 PILATES £4.20 18.00 – 19.00 ACTIVITY STUDIO 1 BODY COMBAT £4.50 18.00 – 19.00 MAIN HALL 1 STUDIO CYCLING £4.20 19.00 – 20.00 ACTIVITY STUDIO 2 CIRCUIT TRAINING £4.20 19.00 – 20.00 MAIN HALL 2 BODY PUMP £4.50 19.00 – 20.00 STUDIO 1 DEEP AQUA AEROBICS £3.50 19.30 – 20.15 POOL - DEEP END 1 AQUA AEROBICS £4.20 20.00 – 21.00 MAIN POOL 1 PILATES £4.20 20.00 – 21.00 STUDIO 1 STUDIO CYCLING £4.20 20.00 – 21.00 ACTIVITY ROOM 2	DISCOVER COMBAT FREE 17.45 – 18.00 MEETING ROOM 1 BODY COMBAT £4.50 18.00 – 19.00 MAIN HALL 2 STUDIO CYCLING £4.20 18.00 – 19.00 ACTIVITY STUDIO 2 BODY COMBAT £4.50 18.00 – 19.00 STUDIO 1 EXTREME BOXERCISE £3.25 18.00 – 18.45 PRACTICE HALL 2 BODY PUMP £4.50 19.00 – 20.00 PRACTICE HALL 1 CIRCUITS £4.20 19.00 – 20.00 MAIN HALL 1 PHYSICAL YOGA £4.20 19.00 – 20.00 STUDIO 1 TONE AND CONDITION £3.25 19.15 – 20.00 ACTIVITY STUDIO 1 SWIMFIT £3.50 19.30 – 20.30 POOL - DEEP END 1 ZUMBA® £4.20 20.00 – 21.00 STUDIO 1 STUDIO CYCLING £4.20 20.00 – 21.00 ACTIVITY STUDIO 2 ADULT BADMINTON £4.00 20.00 – 22.30 MAIN HALL 1	DISCOVER PUMP FREE 17.45 – 18.00 STUDIO 1 BODY PUMP £4.50 18.00 – 19.00 STUDIO 1 BODY PUMP £4.50 18.00 – 19.00 PRACTICE HALL 2 ZUMBA® £4.00 18.00 – 18.45 ACTIVITY STUDIO 1 BODY COMBAT £4.50 19.00 – 20.00 PRACTICE HALL 2 ZUMBA® £4.00 19.00 – 19.45 ACTIVITY STUDIO 1 RHYTHMIC AEROBICS £4.20 19.00 – 20.00 STUDIO 1 ZUMBA® £4.20 19.00 – 20.00 MAIN HALL 1 AQUA AEROBICS £3.50 19.30 – 20.15 MAIN POOL 1 BOXERCISE £3.25 19.45 – 20.30 ACTIVITY STUDIO 2 AQUA AEROBICS £4.20 20.00 – 21.00 MAIN POOL 1 STILETTO MASTERCLASS £3.75 20.15 – 21.00 STUDIO 1	STUDIO CYCLING £4.20 18.00 – 19.00 ACTIVITY STUDIO 1 CIRCUIT TRAINING £4.20 18.00 – 19.00 MAIN HALL 1 BODY COMBAT £4.50 18.00 – 19.00 STUDIO 1 YOGA £4.20 19.00 – 20.00 ACTIVITY STUDIO 1 ZUMBA® £4.20 19.00 – 20.00 STUDIO 1		

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A Chorley Council facility managed by Active Nation