Adult Activity Brochure 2026

Your local physical activity opportunities in South Derbyshire

Active South Derbyshire

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

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

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

OUTDOOR ACTIVITIES

MONDAY

Walk & Tone
10:00am - 11:00am (weekly)
Moira Furnace Museum & Country Park, Furnace Lane, Moira, Swadlincote DE12 6AT
Sue Williams 07940 580891
Fit-4-LifePT@outlook.com
A scenic walk will be split up with short 5-minute circuits of body weight and resistance band exercises to provide a full body tone. Block booking £6.50, PAYG £7.50. The meet point changes weekly and will include Moira, Swadlincote, Albert Village and Donisthorpe.

Walking - Hilton
10:30am - 11:30am (weekly, not bank holidays)
Hilton Brook Pub, Egginton Road, Hilton, DE65 5FG
01283 595906
get.active@southderbyshire.gov.uk
A free, friendly walking group that walks for an hour around Hilton village.

Walking - Calke Abbey
2:00pm - 3:00pm (weekly, not bank holidays or 5th Monday of the month)
National Trust Calke Abbey, Ticknall, Derbyshire DE73 7JF
01283 595906
get.active@southderbyshire.gov.uk
Meet at 1:45pm for 2pm start. Finish at 3pm. A free, friendly walking group that offers two walking options around the beautiful site of Calke Abbey. The shorter walk will last 45 minutes and doesn't include any steps or stiles. The longer walk lasts approximately 1 hour.

Walking - National Memorial Arboretum Walk
2:00pm - 3:00pm (weekly)
National Memorial Arboretum, Croxall Road, Alrewas, DE13 7AR
01283 595906
get.active@southderbyshire.gov.uk
A free, friendly walking group that walks for an hour around the National Memorial Arboretum.

Drop In Gardening (DIG)
2:00pm - 4:00pm (weekly)
Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote, DE12 8JX
01283 535039
rosliston@southderbyshire.gov.uk
Gardening tasks in our herb, sensory & wildlife gardens for adults. Please contact for more details before your first visit. Not bank holidays. Please bring own gloves. Free.

TUESDAY

Walking Talking Tuesdays
9:30am - 12:00pm (fortnightly)
Various locations, see website for schedule www.peakrunning.co.uk/trailtherapy
Peak Running 07710 177325
info@peakrunning.co.uk
An opportunity to explore scenic local trails, connect with nature and chat with the leaders and fellow walkers. A perfect way to build your fitness while also gaining the positive mental health benefits of being out in nature. Walks generally cover around 5-miles/8km at a pace comfortable for all group members. For more information and to book a place visit: www.peakrunning.co.uk/trailtherapy
There is a small charge for these activities, but we are happy to offer free places to anyone where money may be a barrier to taking part. These can be booked, no questions asked, using the voucher code displayed our website.

Walking - Measham walk and talk
10:00am - 10:30am (weekly)
Peggs Close car park (alley), Ashby, DE12 7LJ
01283 595906
get.active@southderbyshire.gov.uk
A free, chatty, gentle walk ideal for the those looking to get back into exercise. The walk is followed by a hot drink and a chat.

Senior Tennis Group
10:00am - 12:00pm (weekly)
Maurice Lea Memorial Park, Church Street, Swadlincote, DE11 9NW
The Parklife Officer 01283 228766
parksandgreenspaces@southderbyshire.gov.uk
Free Tennis sessions for over 50s. Borrow kit for free or bring your own kit if you prefer. Friendly group of players of mixed ability. New members always welcome. Moves indoors in winter months to Midway Community Centre. Small fee payable for use of indoor facilities.

Rosliston Rangers
10:00am - 3:00pm (fornightly)
Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote, DE12 8JX
01283 535039
rosliston@southderbyshire.gov.uk
Site-based tasks and on-the-job training in conservation work & wildlife surveys for adults. Please contact for more details before your first visit. Free. 2nd and 4th Tuesdays of the month.

Walking - Overseal
1:30pm - 3:30pm (weekly)
Please contact us for the starting location as this changes regularly.
01283 595906
get.active@southderbyshire.gov.uk
A free, friendly group that walk between 3-5 miles around various sites within the National Forest.

Swad Joggers
6:30pm - 7:30pm (weekly)
Meeting places vary.
Please contact before attending.
swadjoggers@gmail.com
A friendly jog group based in Swadlincote catering for all abilities. Also offer a walking group alongside our running groups.

Social Jogging
7:00pm - 8:00pm (weekly)
Melbourne Assembly Rooms, High Street, Melbourne DE73 8GF
Hazel Clint, Suzanne Adams or Kate Smithard Contact via Melbourne Joggers on Facebook
Melbourne Joggers offer sociable safe jogging supporting all abilities.
Groups split into 5K run/walk up to faster 10K. Costs £1 per session.

WEDNESDAY

Walk & Tone
10:00am - 11:00am (weekly)
Moira Furnace Museum & Country Park
Furnace Lane, Moira, Swadlincote
DE12 6AT
Sue Williams 07940 580891
Fit-4-LifePT@outlook.com
A scenic walk will be split up with short 5-minute circuits of body weight and resistance band exercises to provide a full body tone. Block booking £6.50, PAYG £7.50. The meet point changes weekly and will include Moira, Swadlincote, Albert Village and Donisthorpe.

Walking - Green Bank walk
10:00am - 11:00am (weekly)
Green Bank Leisure Centre, Civic Way, Swadlincote DE11 0AD
01283 595906
get.active@southderbyshire.gov.uk
A free, friendly walking group that walks for an hour around Swadlincote. Please meet at the Café inside Green Bank Leisure Centre.

Newhall Gardening Group
10:00am - 12:00pm (last Wednesday of the month)
Newhall Park, Main Street, Newhall, Swadlincote, DE11 0HX
The Parklife Officer 01283 228766
parksandgreenspaces@southderbyshire.gov.uk
Would you like to help be part of a friendly gardening group to maintain flower beds and other areas of Newhall Park?
Improve your health and wellbeing!
Make friends and work together!
All equipment and refreshments provided.
All levels of experience welcome.

Walking – Rosliston Forestry Centre
10:30am - 11:30am (weekly)
Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote, DE12 8JX
01283 595906
get.active@southderbyshire.gov.uk
Join us for a free, one hour, easy paced walk around the Forestry Centre. This walk is ideal for those wanting to be more active and also those who haven't walked in a group before.

THURSDAY

bRUNch Club Trail Therapy
9:30am - 11:15am (weekly)
Various locations, see website for schedule www.peakrunning.co.uk/trailtherapy#brunchclub
Peak Running 07710 177325
info@peakrunning.co.uk
Relaxed 'chatty' paced runs exploring scenic local trails, which are as much about the mind as the body. A perfect way to de-stress and connect with nature in some beautiful green spaces, amongst a friendly and supportive group. We cover around 5 miles/8km and cater for all paces. For more information and to book a place visit: www.peakrunning.co.uk/trailtherapy#brunchclub
There is a small charge for these activities, but we are happy to offer free places to anyone where money may be a barrier to taking part. These can be booked, no questions asked, using the voucher code displayed our website.

Walking - Measham Walk and Talk
10:00am - 10:30am (weekly)
Peggs Close car park (alley), Ashby DE12 7LJ
01283 595906
get.active@southderbyshire.gov.uk
A free, chatty, gentle walk ideal for those looking to get back into exercise. The walk is followed by a hot drink and a chat.

Nordic Walking - Rosliston
10:00am - 11:00am (weekly)
Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote DE12 8JX
01283 595906
get.active@southderbyshire.gov.uk
Ideal for beginners and experienced Nordic Walkers. Meet on the picnic area. £4.50 if hiring poles, £2.50 if using own poles.

Walking - Coronation Park
10:00am - 11:00am (weekly)
Meeting at the Coronation Park car park, William Nadin Way, Stanton, Swadlincote DE11 0UH
01283 595906
get.active@southderbyshire.gov.uk
Join us for this free weekly walk in and around Cadley and Coronation Parks. The walk will be up to 3 miles long and is ideal for those who are already active but looking to increase their fitness.

Walking - Measham
10:30am - 12:00pm (weekly)
Please contact us for the starting location as these change regularly.
01283 595906
get.active@southderbyshire.gov.uk
A free, friendly group that walk between 3-5 miles around various sites locally. If you would like to join the group, please contact us.

Walking - Willington
1:30pm - 2:30pm (weekly)
Canal/picnic area car park, Willington DE65 6BP
01283 595906
get.active@southderbyshire.gov.uk
A free, friendly walking group that walks for around an hour around Willington. The group often stop for a hot drink afterwards.

Senior Bowls Group
2:00pm - 3:45pm (Weekly from 7th May)
Maurice Lea Park, Swadlincote DE11 9NW
The Parklife Officer 01283 228766
parksandgreenspaces@southderbyshire.gov.uk
Free social Bowls sessions for over 50s. Borrow kit for free or bring your own kit if you prefer. Friendly group of players of mixed ability. New members always welcome.

Swad Joggers
6:30pm - 7:30pm (weekly)
Meeting places vary.
Please contact before attending
swadjoggers@gmail.com
A friendly jog group based in Swadlincote catering for all abilities. Also offer a walking group alongside our running groups.

Walking - Elvaston Night Walk
7:00pm - 8:15pm (weekly)
Starting from Thulston Village Green, opposite Harrington Arms car park, DE72 3EY
01283 595906
get.active@southderbyshire.gov.uk
Would you like to join a free, safe, friendly sociable walk around the Elvaston Castle site? We walk approximately 5km in 75 minutes throughout the year - sunshine, moonlight and stars!

FRIDAY

Cycling
10:00am - 11:00am (weekly)
Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote DE12 8JX
01283 595906
get.active@southderbyshire.gov.uk
Join us for a gentle, traffic-free ride around the Forestry Centre. Open to all abilities. £4.50 including cycle hire, or £2.50 if using own bike. We also have a free walking group at the same time for those who don't wish to cycle.

Walking - Heartwood Surgery walk
10:00am - 11:00am (weekly)
Heartwood Medical Practice, Civic Way, Swadlincote DE11 0AE
01283 595906
get.active@southderbyshire.gov.uk
A free, friendly walking group that walk between 1-2 miles every week (meet in the Reception area).

SATURDAY

Morning Meditation
8:00am - 9:00am (Oct-Mar),
7:30am - 8:30am (Apr-Sept)
Moira Furnace Woodland, Furnace Lane, Moira DE12 6AT
Jodi & Becki 07445 209725
info@wildmindsnature.co.uk
Join us for a guided meditation session in a beautiful woodland setting. Take time to unwind, connect with nature and explore a new way to reduce anxiety and stress. This outdoor guided meditation session is suitable for anyone wanting to try something new to support positive wellbeing in a relaxed environment. Dates vary, please visit website www.wildmindsnature.co.uk/whats-on for current availability. £7pp, booking essential at https://bookwhen.com/wildmindsnatureconnection

T'ai-Qi for Wellbeing
9:30am - 10:30am (Oct-Mar),
10:00am - 11:00am (Apr-Sept)
Moira Furnace Woodland, Furnace Lane, Moira DE12 6AT
Jodi & Becki 07445 209725
info@wildmindsnature.co.uk
Join us for relaxing T'ai-Qi for mind and body. Spend time following the movements of T'ai Chi & Qigong (& a little bit of standing Yoga) and find calm in this moving meditation. Suitable for all abilities and can even be completed seated if required. Dates vary, please visit website www.wildmindsnature.co.uk/whats-on for current availability. £7pp, booking essential at https://bookwhen.com/wildmindsnatureconnection

SUNDAY

Bird Watching for Beginners (3rd Sunday of each month)
9:00am - 12:00pm
Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote DE12 8JX
Tony Slater birdingfor@gmail.com
Meet by the cafe at Rosliston Forestry Centre. A gentle walk around the Forestry Centre watching birds and other wildlife. Our experienced guides will share information about the birds we see and give tips on using optical equipment properly. Walks last about 3 hours on well made footpaths. Binoculars available to borrow.

INDOOR ACTIVITIES

MONDAY

Zumba®
9:30am - 10:25am (weekly)
Mickleover Memorial Hall
49 Station Road, Derby DE3 9GH
24 Fit Derby 01332 498005
24fitderby@gmail.com

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

Yoga
10:00am - 11:00am (weekly)
Walton-on-Trent village hall, 34 Main Street, Walton-on-Trent, Swadlincote, DE12 8LZ
Claire McCann 07716 693400
clairemccann129@msn.com

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

Postural Stability Group
10:00am - 11:00am (weekly)
Willington Village Hall, Twyford Road, Willington DE65 6DE
Emma Yates 07554 868161
cbewithemma@gmail.com

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

Chair Based Exercise
10:30am - 11:30am (weekly)
Recreation Centre Shardlow Road, Aston-on-Trent DE72 2AN
Lindsay Robins 07874 862287
lindsayrobins7@gmail.com

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

Pilates
10:45am - 11:45am (weekly)
Mickleover Memorial Hall, Station Road, Mickleover, Derby DE3 9GH
Elena Flinton 07956 377158
elena.flinton@gmail.com

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

Chair Based Exercise Class
11:10am - 12:10pm (weekly)
Willington Village Hall, Twyford Road, Willington DE65 6DE
Emma Yates 07554 868161
cbewithemma@gmail.com

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

Postural Stability Group
1:30pm - 2:30pm (weekly)
St Matthew's Community Centre, Woodville Road, Overseal DE12 6JG
Emma Yates 07554 868161
cbewithemma@gmail.com

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

Chair Based Exercise Class
3:15pm - 4:15pm (weekly)
Church Gresley Methodist Church, York Road, Church Gresley DE11 9QQ
Emma Yates 07554 868161
cbewithemma@gmail.com

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

Kettlebells & Core
6:00pm - 6:45pm (weekly)
Granville Academy, Burton Road Woodville DE11 7JR
Sue Williams 07940 580891
Fit-4-LifePT@outlook.com

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

Archery
6:00pm - 10:00pm (weekly)
Gresley Old Hall Miners Club, Gresley Wood Road, Swadlincote DE11 9QW
Mercia Archers 07896 887289
jamesonderek17@gmail.com

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

Infinite Tai Chi & Qigong
6:15pm - 7:15pm (weekly)
Mickleover Community Pavilion centre, Vicarage Road, Mickleover DE3 0ED
Nav Mohain 07960 125386
Navm1@yahoo.co.uk

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

Walking Football
7:00pm - 8:00pm (weekly)
Repton School, Repton, Derbyshire, DE65 6FH
Kip Marklew
kip.marklew@gmail.com

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

Rockfit with Becky
7:15pm - 8:15pm (weekly)
Overseal Village Hall, Woodville Road, Overseal, Swadlincote DE12 6LU
RockfitwithBecky@yahoo.com

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

Walking Football
8:00pm - 9:00pm (weekly)
Green Bank Leisure Centre, Swadlincote DE11 0AD
01283 595906
get.active@southderbyshire.gov.uk
Whether you're looking to keep active, stay fit, or widen your circle of friends, Walking Football offers the perfect opportunity to do this. £5pp.

TUESDAY

Classical Pilates
9:30am - 10:15am (weekly)
Weston-on-Trent Village Hall, Main Street, Derby DE72 2BL
Chloe Thompson 07515 147409
info@cbfitnessandpilates.co.uk
Mixed level Classical Pilates class lead by a fully comprehensive instructor (600 hour training on all equipment and a gen 3 teacher). £9 PAYG and can book online https://www.cbfitnessandpilates.co.uk/book-online. Chloe is also a GP Exercise Referral Specialist and can help with rehabilitation. If Prefer a 1:1 then you can come to the home studio in Chellaston.

Chair Fitness - Strength & Balance
10:00am - 10:45am (weekly)
St Ed's Church (The Hut) Sinfin Avenue Shelton Lock DE24 9JA
Steph Fitzpatrick 07806 931664
stephjdancefitness@hotmail.co.uk
Join our chair fitness class to build strength and improve balance. Who is this class for? Older adults, total beginners or those returning to exercise after injury. What to expect? Seated exercises using light weights to build strength and mobility and some simple standing balance exercises using the chair for support.
What are the benefits? Reduced risk of falls, improved joint health and reduced joint pain, reduced back pain, increased confidence of movement.

Move It Or Lose It
10:00am - 11:30am and 11:45am - 1:15pm (weekly)
Mickleover Memorial Hall, 49 Station Road, Derby DE3 9GH
07984 017522
24fitderby@gmail.com
Turn back the clock with our fun and friendly exercise class to improve your balance & confidence, mobility & flexibility, and strength & independence. Seating and standing options are available. £6 pp. Can book online: https://playwaze.com/Book?p=PhysicalEventSeries/92772-B
The classes are also great social events! 60 minutes of exercise followed by 30 mins tea, coffee and biscuits!

Postural Stability Group
11:00am - 12:00pm (weekly)
The Old School Room, Etwall Methodist Church Willington Road, Etwall DE65 6HX
Emma Yates 07554 868161
cbewithemma@gmail.com
These classes include a mixture of seated and standing exercises to develop your strength and improve your balance, coordination and fitness.

Bat & Chat
2:00pm - 4:00pm (weekly)
Melbourne Assembly Rooms (Studio Room), High Street, Melbourne DE73 8GF
Carl Barcock 07539 329966
carlbarcock@gmail.com
This is a casual session for over 50's. The play is gentle and the accent is on having fun. All equipment is provided. There is a tea & biscuit break at half time. First session is free as a taster, thereafter it is £3 per session.

Pilates Classes
5:30pm - 6:15pm (weekly)
Rolleston Club, 15 Burnside, Burton upon Trent DE13 9DN
Steph Fitzpatrick 07806 931664
stephjdancefitness@hotmail.co.uk
A fun and invigorating class designed to keep you moving throughout. Experience the traditional Pilates mat exercises in a workout to strengthen & lengthen with a strong focus on the core. Discover a flowing, pacey movement practice that builds strength from the core whilst building awareness of your body and movement This is a class that will challenge and change your body, decrease pain symptoms, improve posture and leave you invigorated! First week of the month is Pilates Strong week where we add light dumbbells to our regular Pilates class. Beginners welcome – modifications offered. Bring an exercise mat. Booking required: www.stephjdancefitness.com

Yoga
6:00pm - 7:00pm (weekly)
Walton-on-Trent village hall, 34 Main Street, Walton-on-Trent, Swadlincote, DE12 8LZ
Claire McCann 07716 693400
clairemccann129@msn.com
A gentle Hatha yoga class, suitable for beginners and more experienced practitioners. Combining Asana (poses) with breath work and meditation. Enabling you to leave with a calmer mind and stronger, more flexible body. Options can be given to those who are suffering an injury or an ongoing concern.

Vinyasa flow yoga
6:15pm - 7:00pm (weekly)
Repton Sports Centre, Willington Rd, Repton, Derby DE65 6FH
Sharon Kerlo
Sharon@innerplaceyoga.com
This class is a dynamic style of yoga that synchronises breath with movement, linking a continuous sequence of poses together at Repton sports centre.

FitSteps© dance fitness
6:30pm - 7:30pm (weekly)
Rolleston Club Burnside Rolleston on Dove DE13 9DN
Steph Fitzpatrick 07806 931664
stephjdancefitness@hotmail.co.uk
FitSteps© is the ballroom and latin dance fitness sensation where you can expect to feel like you're dancing on Strictly but without the need for a partner! It's solo style dance fitness, dancing real ballroom and latin steps. Expect to dance Cha Cha Cha, Tango, Quickstep, Jive, Samba and lots more. No experience needed – join our fun and friendly classes to dance yourself fit! Booking required: www.stephjdancefitness.com

Sound Bath
7:00pm - 8:00pm (monthly)
Walton-on-Trent village hall,
34 Main Street, Walton-on-Trent,
Swadlincote, DE12 8LZ
Claire McCann 07716 693400
clairemccann129@msn.com
Monthly in person Sound Baths designed to encourage a deep sense of relaxation. You are encouraged to lie back, relax and allow the sounds of the instruments to wash over you. Benefits of Sound Healing, are stress reduction, decreased anxiety and depression, meditation aid and improved memory and sleep. Not suitable for those in the first trimester of pregnancy, who suffer severe mental health issues or have sound sensitive epilepsy. Do get in contact with me to find out details of when our next Sound Bath session is.
Fully qualified and insured.

Table Tennis Evening Practice
7:00pm - 9:00pm (weekly)
Assembly Rooms (Studio Room or old squash court), High Street, Melbourne DE73 8GF
Carl Barcock 07539 329966
carlbarcock@gmail.com
This is a practice session for all abilities, primarily adults, but juniors over 12 years old are welcome with a playing guardian. Equipment can be provided. First session is free as a taster. Thereafter it is £5 a session for adults and £3 for juniors.

Strength and Cardio fusion
7:15pm - 8:00pm (weekly)
Hilton Village Hall
Peacroft Lane, Derby DE65 5GH
Sam
contact@beautifullybalanced.online
This class places strength training at the centre of midlife fitness, supported by cardio, balance and agility work to help you feel capable, steady and energised.
This class is a great fit if you're new to strength training, returning after a break, or navigating midlife or post-menopause changes and want a clear, supportive way to begin and progress.

POUND®
7:40pm - 8.30pm (weekly)
Mickleover Community Pavilion, Vicarage Road, Mickleover, Derby DE3 0ED
24 Fit Derby 01332 498005
24fitderby@gmail.com
Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Under 18's must be accompanied by their guardian. Please bring your own exercise mat (or big heavy towel).

Relax and Restore Yoga
8:05pm - 8:50pm (weekly)
Hilton Village Hall
Peacroft Lane, Derby DE65 5GH
Sam
contact@beautifullybalanced.online
This calming class is designed to complement Strength & Cardio Fusion or support you at the end of a full day.
We move through slow, steady yoga and mobility-focused movement to release tension, support recovery and help your nervous system settle. Breath-led movement and pelvic floor exercises are included to encourage a responsive, adaptable pelvic floor, rather than holding or gripping.

WEDNESDAY

T'ai Chi
9:30am - 10:30am beginners (weekly)
10:45am - 11:45am Intermediate (weekly)
Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote, DE12 8JX
Heather 07977 269738
hlbluelilac@googlemail.com
A gentle form of exercise that can help maintain strength, flexibility, balance, co-ordination, and stress management.

FitSteps© dance fitness
9:30am - 10:30am (weekly)
Hilton Scout & Guide Hut, Peacroft Lane, Hilton DE65 5GH
Steph Fitzpatrick 07806 931664
stephjdancefitness@hotmail.co.uk
FitSteps© is the ballroom and latin dance fitness sensation where you can expect to feel like you're dancing on Strictly but without the need for a partner! It's solo style dance fitness, dancing real ballroom and latin steps. Expect to dance Cha Cha Cha, Tango, Quickstep, Jive, Samba and lots more. No experience needed – join our fun and friendly classes to dance yourself fit! Booking required:
www.stephjdancefitness.com

Infinite Tai Chi & Qigong
5:50pm - 6:50pm (weekly)
Heatherton Community centre, Hollybrook Way, Littleover, Derby DE23 3TZ
Nav Mohain 07960 125386
Navm1@yahoo.co.uk
Gentle Tai Chi and Qigong classes designed to improve balance, flexibility, and inner calm. Suitable for all levels — including complete beginners. Each session combines mindful movement, deep breathing, and relaxation to support physical, mental, and emotional wellbeing.
For more information visit
www.infinitetaichiderby.com

Gym Circuit Training
6:00pm - 6:45pm (weekly)
Granville Academy, Burton Road, Woodville DE11 7JR
Sue Williams 07940 580891
Fit-4-LifePT@outlook.com
A full body workout to improve cardiovascular, muscular and core strength and endurance. Suitable for all ages and fitness levels. Block booking £7.50, PAYG £8.50.

Vinyasa flow yoga
6:15pm - 7:15pm (weekly)
Repton village Hall, 58 Askew Grove, Repton, Derby DE65 6GR
Sharon Kerlo
Sharon@innerplaceyoga.com
This class is a vinyasa flow classes, all classes are suitable for beginners. Just bring yourselves with open hearts and a mat. Leave all expectations and come as you are.

Rockfit with Sharon
6:30pm - 7:30pm (weekly)
Chellaston Academy, Swarkestone Road, Chellaston, Derby DE73 5UB
rockfitwithsharon@gmail.com
Rockfit combines dance fitness, cardio and body toning with a mood-lifting Rock and Metal soundtrack. Exercises can be adapted to suit all fitness levels, and we operate a strict 'no judgement' policy - we're all there to have fun and get moving with the bonus of great music to keep us motivated. First class is free – just turn up 10 minutes before the session to fill out a form. Subsequent classes are £6 PAYG or you can buy a 5 class pass for £25 Visit Rockfit with Sharon - Derby on Facebook for more details.

Rockfit with Becky
7:00pm - 8:00pm (weekly)
Main Hall, The Pingle Academy, Coronation Street, Swadlincote DE11 0QA
Becky rockfitwithbecky@yahoo.com
Rockfit is a high-energy dance fitness class set to the best rock and metal anthems. You'll unleash your inner rockstar with fun easy to follow routines that blend cardio, toning and attitude, the workout that feels more like a gig. Suitable for all fitness levels, helps build confidence - no experience needed. Friendly, empowering and open to everyone. Come along and join the Swadsquad. Search for Rockfit with Becky on facebook. First class is a free rockout, £6 PAYG and discounted loyalty cards available.

Clubbercise®
7:00pm - 7:55pm (weekly)
Murray Park Community School, Murray Road, Mickleover, Derby DE3 9LL
24 Fit Derby 01332 498005
24fitderby@gmail.com
Clubbercise® - simple, fun dance fitness routines using glow sticks to club anthems, from 90's classics to the latest chart hits, normally taught in a darkened room with disco lights. Because of the high and low impact options, Clubbercise® dance fitness classes are great if you're a beginner or if you're already a fitness freak!

THURSDAY

FitSteps©
9:15am - 10:05am (weekly)
10:15am - 11:05am (weekly)
Mickleover Memorial Hall, Station Road, Mickleover, Derby DE3 9GH
24 Fit Derby 01332 498005
24fitderby@gmail.com
FitSteps© is a Latin and Ballroom dance fitness workout, where you can learn the wonderful dances you see on Strictly Come Dancing without the need for a partner and in a relaxed and fun environment. It's so much fun you won't feel like you are working out, and it's also a great way to socialise and make new friends. You don't need any dance experience and you don't need to be fit to be able to enjoy FitSteps©. It's a dance fitness workout suitable for everyone! Trainers and comfortable loose clothing or exercise wear are recommended. Don't forget your water bottle too.

Morning Yoga
9:15am - 10:00am (weekly)
Mickleover Community Pavilion
Vicarage Rd, Derby DE3 0ED
Sam
contact@beautifullybalanced.online
Morning Yoga is a steady, feel-good practice that blends yoga-based movement with light balance and coordination work to help you move well and feel ready for the day ahead.
The focus is on maintaining and improving mobility, balance and ease of movement, supporting joints, posture and long-term confidence as your body changes through midlife and post-menopause.

Older Adults - Mat Based Mobility & Strength
9:30am - 10:30am (weekly)
Hatton Jubilee Hall, All Saint's Church Station Road Hatton DE65 5EL
Steph Fitzpatrick 07806 931664
stephjdancefitness@hotmail.co.uk
Join our gentle mat based mobility class for improved joint health, better strength & mobility. Who is this class for?
Older adults, total beginners or those returning to exercise after injury. What to expect? Gentle exercises on a mat, combining Pilates based movements with mobility & rehab exercises. What are the benefits? Improved joint health and reduced joint pain, reduced back pain, increased confidence of movement, improved strength.

Zumba®
6:30pm - 7:25pm (weekly)
Mickleover Memorial Hall, Station Road, Mickleover, Derby DE3 9GH
24 Fit Derby 01332 498005
24fitderby@gmail.com
Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Under 18's must be accompanied by their guardian.

SLIIK©
6:30pm - 7:30pm (weekly)
William Shrewsbury Primary School, Church Road, Stretton DE13 0HE
Steph Fitzpatrick 07806 931664
stephjdancefitness@hotmail.co.uk
SLIIK© is a 100% low impact RnB fitness class that combines dance fitness with Pilates inspired bodyweight moves and light dumbbells for full body conditioning. Expect to improve balance and coordination, build strength and resilience and get a cardio dance fix all in one class. Created and delivered by an exercise rehab and back pain specialist, this class disguises movement longevity, injury prevention and rehab concepts into a fun and challenging workout! Bring a mat. Booking required: www.stephjdancefitness.com

Vinyasa flow yoga
6:30pm - 7:30pm (weekly)
Winshill Resource Centre- Canterbury Rd, Burton upon Trent, Burton-on-Trent DE15 0HD
Sharon Kerlo
Sharon@innerplaceyoga.com
This class is a vinyasa flow classes, all classes are suitable for beginners. Just bring yourselves with open hearts and a mat. Leave all expectations and come as you are.

Strength and Cardio fusion
7:00pm - 7:45pm (weekly)
Hilton Village Hall, Peacroft Ln, Hilton, Derby DE65 5GH
Sam
contact@beautifullybalanced.online
This class places strength training at the centre of midlife fitness, supported by cardio, balance and agility work to help you feel capable, steady and energised.
This class is a great fit if you're new to strength training, returning after a break, or navigating midlife or post-menopause changes and want a clear, supportive way to begin and progress.

Walking Football
7:00pm - 8:00pm (weekly)
Repton School, Repton, Derbyshire DE65 6FH
Kip Marklew
kip.marklew@gmail.com
Etwall Walking Football Club provides facilities for over 50s to continue playing football during 2 evening sessions and have teams entered in a local league at over 50s and 65s. All welcome.

Relax and Restore Yoga
7:50pm - 8:35pm (weekly)
Hilton Village Hall, Peacroft Ln, Hilton, Derby DE65 5GH
Sam
contact@beautifullybalanced.online
This calming class is designed to complement Strength & Cardio Fusion or support you at the end of a full day.
We move through slow, steady yoga and mobility-focused movement to release tension, support recovery and help your nervous system settle. Breath-led movement and pelvic floor exercises are included to encourage a responsive, adaptable pelvic floor, rather than holding or gripping.

FRIDAY

Infinite Tai Chi & Qigong
9:30am - 10:30am (weekly)
Findern Village Hall, Castle Hill, Findern, Derby DE65 6AL
Nav Mohain 07960 125386
Navm1@yahoo.co.uk
Gentle Tai Chi and Qigong classes designed to improve balance, flexibility, and inner calm. Suitable for all levels — including complete beginners. Each session combines mindful movement, deep breathing, and relaxation to support physical, mental, and emotional wellbeing. For more information visit www.infinitetaichiderby.com

Postural Stability Group
10:30am - 11:30am (weekly)
Swadlincote Fire Station, Civic Way, Swadlincote DE11 0AE
Rachel Hudson 07896 031084
Rachelmhudson@gmail.com
These classes include mainly standing strength and balance exercises with the possibility of some seated strength work. Light refreshments served afterwards.

Pilates Classes
12:30pm - 1:15pm (weekly)
Hilton Village Hall, Peacroft Lane, Hilton DE65 5GH
Steph Fitzpatrick 07806 931664
stephjdancefitness@hotmail.co.uk
A fun and invigorating class designed to keep you moving throughout. Experience the traditional Pilates mat exercises in a workout to strengthen & lengthen with a strong focus on the core. Discover a flowing, pacey movement practice that builds strength from the core whilst building awareness of your body and movement This is a class that will challenge and change your body, decrease pain symptoms, improve posture and leave you invigorated! First week of the month is Pilates Strong week where we add light dumbbells to our regular Pilates class. Beginners welcome – modifications offered. Bring an exercise mat Booking required:www.stephjdancefitness.com

Chair Based Exercise Class
1:00pm - 2:00pm (weekly)
Newhall Village Hall, Bretby Road, Newhall, Swadlincote DE11 0LH
Angela Parker 07899 916933
a.parker.5@btinternet.com
A 'Live Stronger for Longer' class for Derby & Derbyshire Age UK. Standing and seated strength and balance exercises using ankle weights and resistance bands to improve upper and lower body strength. Weekly PAYG £5.50.

Rockfit with Sharon
6:00pm - 7:00pm (weekly)
Hilton Scout Hut, Peacroft Lane, Hilton Derby DE65 5GH
rockfitwithsharon@gmail.com
Rockfit combines dance fitness, cardio and body toning with a mood-lifting Rock and Metal soundtrack. Exercises can be adapted to suit all fitness levels and we operate a strict 'no judgement' policy - we're all there to have fun and get moving with the bonus of great music to keep us motivated. First class is free – just turn up 10 minutes before the session to fill out a form. Subsequent classes are £6 PAYG or you can buy a 5 class pass for £25. Visit Rockfit with Sharon - Derby on Facebook for more details.

Restorative yoga class
6:15pm - 7:00pm (weekly)
Repton sports centre, Willington Rd, Repton, Derby DE65 6FH
Sharon Kerlo
Sharon@innerplaceyoga.com
A Restorative class which is a gentle, passive practice focused on relaxation and stress reduction through holding supported poses for several minutes or longer. It uses props like blankets, bolsters, and blocks to support the body, allowing for deep rest and a focus on the breath and body sensations. The goal is to calm the nervous system, promote a sense of peace, and provide physical and mental rest.

SATURDAY

Zumba®
9:30am - 10:25am (weekly)
Mickleover Memorial Hall, Station Road, Mickleover, Derby DE3 9GH
24 Fit Derby 01332 498005
24fitderby@gmail.com
Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Under 18's must be accompanied by their guardian.

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

Find us on Facebook
@ActiveSouthDerbyshire

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

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

Derby & Derbyshire age UK Let's change how we age

Registered charity number 1068550

Strong and Steady LIVE STRONGER FOR LONGER

DERBYSHIRE County Council

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/lsfl/**

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

SCAN ME!

Derby & Derbyshire age UK Let's change how we age

Registered charity number 1068550

Strong and Steady LIVE STRONGER FOR LONGER

DERBYSHIRE County Council

Active South Derbyshire

GET ACTIVE IN THE FOREST

SAVE THE DATE

Environmental Education Project at Rosliston Forestry Centre

Family Fun Day in the Forest

at Rosliston Forestry Centre

Friday 24th July & Friday 28th August 2026

From 10am until 3pm

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

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

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

Scan here to see further events at the Forestry Centre

All information listed is correct at the time of printing and subject to change without notice.
The quality of sessions cannot be guaranteed. It is strongly advised that you check:
• Coaches and volunteers are appropriately qualified in their sports/activities.
• Adequate insurance cover is in place. • The availability of each session/class before attending.

WE ARE UNDEFEATABLE

Is a national campaign to support the 15 million people who live with one or more long-term health conditions in England. Launched in August 2019, it aims to help those with conditions such as diabetes, cancer, arthritis and Parkinson's to build physical activity into their lives.

www.weareundefeatable.co.uk

SPORT ENGLAND

Join the Movement, is a National Lottery-funded campaign helping us all find ways to get active. We're all about simple, fun and free ways to get active, both indoors and outdoors, that you can enjoy safely.

www.sportengland.org/jointhemovement

Live Life BETTER DERBYSHIRE

A free healthy lifestyles service that helps you:

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

To find out more call: 0800 085 2299 or 01629 538200 livelifebetterderbyshire.org.uk

GET ACTIVE IN THE FOREST

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

For more information please contact:
07977 439309 Get.Active@southderbyshire.gov.uk

© The Magic Attic

Sharpe's Pottery Museum

Swadlincote Heritage Trails

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

For more information ring 01283 535039
or visit www.southderbyshire.gov.uk/heritagetrails

parkrun

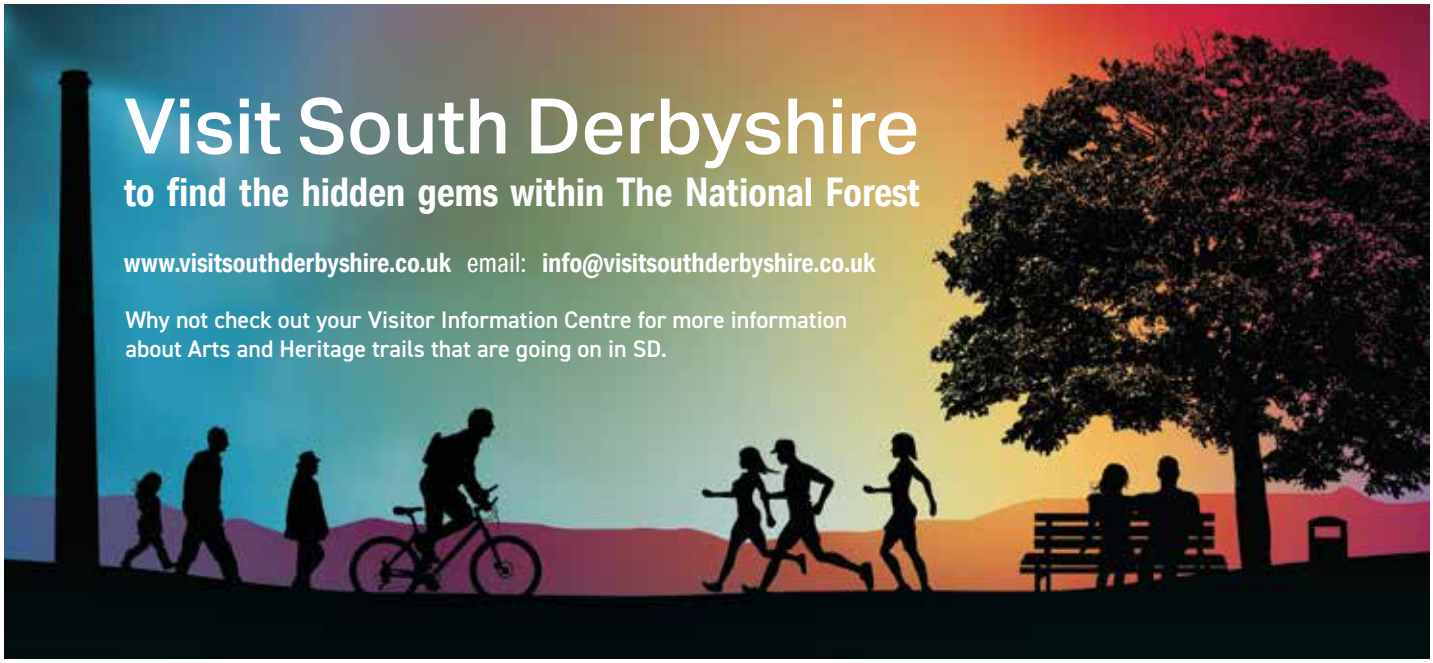
Rosliston parkrun and Coronation Park parkrun are free, fun and friendly weekly 5k community events. Walk, jog, run, volunteer or spectate – it's up to you! Both events take place at 9am every Saturday.

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

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

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

You can register on the parkrun website:
www.parkrun.org.uk/register



South Derbyshire VISITOR INFORMATION Centre

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

Visit South Derbyshire **visitsouthderbyshire** **01283 223333**

THE NATIONAL FOREST

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