

YES PLEASE, SIGN ME UP!

You can sign up online at **derbyarena.co.uk/join**, call **01332 255800** or fill in this form and either hand in at one of our leisure centres or send to **Derby City Council Leisure Facilities, Freepost 57, Assembly Rooms, Market Place, Derby, DE1 9BR.**

☐ Mr ☐ Mrs ☐ Miss ☐ Ms ☐ Other _____

First name _____ Last name _____

Address _____

_____ Postcode _____


Date of birth _____

Mobile _____ Home telephone _____

Email address _____

To help us keep you up to date with programme changes and information about your membership, how can we contact you?
Please tick

☐ Email ☐ Text ☐ Phone

 All personal information will be treated in confidence and in accordance with the Data Protection Act 1998. It will only be used to administer your membership and keep you informed about your membership, Programme changes and Derby City Council products and services.

Membership Terms and Conditions can be found at derbyarena.co.uk/t&c



Derby Arena

Royal Way, Pride Park, Derby DE24 8JB
T: 01332 640011 **E:** derbyarena@derby.gov.uk

Gym opening times: Mon-Fri 6am-10pm,
Sat-Sun 7am-9pm



Springwood Leisure Centre

Springwood Drive, Oakwood, Derby DE21 2RQ
T: 01332 664433 **E:** springwood.sports@derby.gov.uk

Gym opening times: Mon-Thu 6.30am-10pm,
Fri 6.30am-9pm, Sat 9am-7pm, Sun 9am-9pm



Queen's Leisure Centre

Cathedral Road, Derby DE1 3PA
T: 01332 641444 **E:** queens.sports@derby.gov.uk

Gym opening times: Mon-Thu 7am-10pm,
Fri 7am-9pm, Sat-Sun 9am-6pm

GYM, GROUP EXERCISE & SWIM MEMBERSHIPS



DERBY ARENA

SPRINGWOOD LEISURE CENTRE

QUEEN'S LEISURE CENTRE

NO JOINING FEE NO CONTRACT



Alternative Formats

If you require this brochure in an alternative format, please contact us to request a copy.



derbyarena.co.uk/join



derbyarena.uk.com/join





GYMS

Our friendly, helpful, qualified instructors are on hand to help you achieve your fitness goals. Inductions and personal programme reviews are included in your membership.

All three gyms have high-quality Technogym equipment, made up of a range of cardio equipment, resistance machines, free weights and specialist equipment like Wattbikes, Omnia, Excite+, and Kinesis machines*.

We can offer you a full interactive programme through Technogym’s My Wellness Cloud and we provide a programme of Fast Classes on the gym floor.

* Omnia, Excite+ and Kinesis are exclusive to Derby Arena



GROUP EXERCISE

Whether you’re new to exercise, pregnant, fancy a challenge or want to socialise, we have something to suit everyone.

Our varied programme includes Pilates, Zumba, Circuits, Aqua, Les Mills™ classes as well as a varied Indoor Cycling programme and Watt Bike. Classes are available at different levels ensuring that everyone can get involved.

See our full programme at derby.gov.uk/workout

SWIMMING

Whether you’re swimming for pleasure, for relaxation or fitness, our pool programme has something for everyone.

Dedicated Swimfit sessions, lane swimming, early morning, lunchtime and women only sessions are all on offer.

See the full programme at derby.gov.uk/swim



CHOOSE A MEMBERSHIP TO SUIT YOU...



Our range of memberships are designed to suit you whatever your needs, with the flexibility of paying monthly by direct debit, but with no joining fee and no contract.

You have the freedom to change and adapt your membership throughout your fitness journey. So if your goals change or you want to access additional activities, don’t worry your membership can change with you at any time.

JUST

Choose one

MIX & MATCH

Choose two

FULL

All three included

ACTIVITIES



GYM



GROUP EXERCISE



SWIM

£30

PER MONTH

£33

PER MONTH

£38

PER MONTH

Junior Membership



Our Movement membership is available to young people aged 11 to 16 years. (Gym available to 12 to 16 years) Movement members can access our gyms and swimming for just £1.10 a session. To find out more visit themovementderby.co.uk

Student membership

Full membership £22.50 a month or four months upfront for just £60 To find out more visit derbyarena.co.uk/student

Corporate membership available find out more at derbyarena.co.uk/corporate

BENEFITS

- **NO JOINING FEE**
- **NO CONTRACT**
- **20% DISCOUNT ON MOST OTHER ACTIVITIES**
- **PAY NO DEPOSIT ON EQUIPMENT HIRE**
- **YOU CAN USE YOUR MEMBERSHIP AT ALL THREE OF OUR FACILITIES...**

	Derby Arena	Springwood Leisure Centre	Queen’s Leisure Centre
Gym	●	●	●
Group Exercise	●	●	●
Swim			●



ADDITIONAL GYM MEMBERSHIP BENEFITS...

- **FREE** induction and initial consultation - worth over **£15**
- **FREE** fast classes
- Qualified and friendly gym instructors, available to write you a **FREE** programme and keep you on track, ensuring you reach your goals’.

