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Themes: Health and Wellbeing, Public Sector Services, Social Activities

Aimed at: All People

The Arc offers a variety of exercise classes available to book. Swimming pool, Junior gym weekdays-3.30pm-4.15pm - ages 11-14 (need to book). Aqua fit, yoga, family yoga, Spin, Body pump, walking football, super tots session, junior sport sessions Fridays 4-5pm. Cross training, half term activities, postnatal exercise classes with baby - Mondays 11-12 babies from 12 months. Personal trainers, pitch hire for five a side, Body attack classes, badminton classes, Play Kingdom soft play area, Table tennis, Football coaching - 5-13 yrs. boys and girls Fridays 4-5pm requires booking. Body combat classes, Balan ability courses (check for availability) and Over 50's Social Activity Hub.

A variety of charges apply. Phone the Centre for information. All classes must be pre-booked and can be done via our App for members or at reception or telephone 01246 242 365 for members and non-members.

Area: Bolsover

Contact Details

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