

# LIVE IT

VIRTUAL TIMETABLE



DERBY  
COUNTY  
COMMUNITY  
TRUST

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

TIME	SESSION	STAFF	DETAILS
4:30pm – 5:45pm	Family Fitness	Sara, Ben and Rainy	<b>Meeting ID:</b> 842 5117 2637 <b>Password:</b> 291212

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## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

TIME	SESSION	STAFF	DETAILS
Sent via Email	Tuesday Challenge	Sara	via Email
4:00pm - 5:00pm	Personal Trainer Session ( <b>Over 12s</b> )	Ben	<b>Meeting ID:</b> 829 4618 6156 <b>Password:</b> 796881

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## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

TIME	SESSION	STAFF	DETAILS
4:00pm - 5:00pm	Personal Trainer Session ( <b>Over 12s</b> )	Ben	<b>Meeting ID:</b> 824 5562 9511 <b>Password:</b> 184127
5:00pm - 5:30pm	Pit Stop	Sara and Rainy	<b>Meeting ID:</b> 810 3694 9175 <b>Password:</b> 784563

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## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

TIME	SESSION	STAFF	DETAILS
4:15pm - 5:00pm	Dance Fit	Sara and Cara	<b>Meeting ID:</b> 862 6520 5777 <b>Password:</b> 654850

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For more information on any of our sessions please see below or email [sara.adcock@dcct.co.uk](mailto:sara.adcock@dcct.co.uk)

 DerbyCountyCommunityTrust

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THAT DERBY PRIDE

# SESSION DESCRIPTIONS

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**Family Fitness** - Sessions are open to all ages and their families. It is designed to get you moving using strength and core exercises to help tone those muscles. Sessions also include some helpful tips and hints around how to eat healthy during lockdown. Join in our weekly challenge where there are prizes to be won.

**Personal Training** - Personal training for young people 12 and above. These 1-2-1 sessions will include a range of different exercise which help you lose weight and feel fitter. Sessions will be a mixture of high intensity work out, circuits and boxercise.

**Tuesday Challenge** - Open to all ages. Join our Tuesday challenge which will set weekly challenges via WhatsApp to everyone on the Live IT programme. There will be fun and games to be had doing these challenges and prizes to be won.

**Pit Stop** - Open to all ages. Pit stop is a quick 30 session which cover healthy eating and a 15-minute workout class aimed to get your heart rate up.

**Dance Fit** - Session are open to all ages and their families. Dance yourself fit with some cool and simple moves that will get you moving for 45 minutes.