

FREE



BELPER, RIPLEY AND
SURROUNDING AREAS

MINI EXERCISE EDITION

WINTER 2017



Photo by Christina Michelle

Hello and welcome to Boom's first fitness mini-magazine!
 We are pleased to present Danielle, Boom's very own fitness enthusiast and local mum.

We all know how important exercise is for our physical and mental health, promoting cardiovascular fitness, better posture and sleep, helping to maintain bone and muscle strength, increasing energy levels, reducing stress, releasing happy endorphins and even helping parents combat postnatal depression.

However, as a parent it can be difficult to find the time, space and energy to exercise. We know this first-hand. We get it. That's why Danielle has composed a comprehensive

timetable of fitness professionals and fitness establishments that cater to busy families with young children. Use the timetable to find a class or group that fits around you and your child's schedule. All groups and classes are within a short drive of Belper and Ripley and you can bring your children along! Your children will be positively influenced by your healthy lifestyle, as you get fit and improve your wellbeing.

Be sure to take advantage of all the local fitness offers and

please check out the ads for details.

Here's to you, and your healthy new year!

Jo & Sascha



WOULD YOU LIKE TO CONTRIBUTE OR ADVERTISE IN BOOM MAGAZINE?

GET IN TOUCH AT [INFO@BOOMMAGAZINE.CO.UK](mailto:info@boommagazine.co.uk) TO HEAR ABOUT OUR GREAT PRICES AND INCENTIVES.



OPEN - Mon-Thurs 6.30am-9pm
Fri 6.30am-8pm | Sat 8am-4pm | Sun 9am-1pm

01773 570073

GYMFIT-RIPLEY.CO.UK

VOUCHER

This voucher entitles you to a **FREE Gym Session or Fitness Class** at the areas best gym **GYM FIT!** Contact us to book your session **NOW**



SALES POSITIONS AVAILABLE

Boom Magazine is expanding and we are looking for enthusiastic people with sales or marketing experience to work with us, as we grow our business. This job will be challenging and you can work in your local community, based around the hours you choose, with a supportive and fun team.

Does this sound like your dream job?
 Email us on: info@boommagazine.co.uk

You can pick up a copy of Boom from many places around Belper including-

Nurseries and Pre-schools, Classes & Groups, cafes, gyms and shops around Belper; Ripley, Ambergate, Holbrook, Kilburn, Codnor; Turnditch, Duffield, Milford & Crich. Check our website for a full list.

info@boommagazine.co.uk
www.boommagazine.co.uk



Magazine design by:

45° FORTY FIVE DEGREES Design & Print

GROUP TRAINING OFFER

BLF BOTTOM LINE FITNESS

Would you like to be stronger, fitter and more confident?

We're offering 8 people the chance to change, with 8 weeks of group personal training

You'll get...

- 8 weeks of group personal training, doing 2 sessions a week with a top coach
- Myth-busting nutrition advice that works
- Support from your coach and members
- Accountability to help you follow the plan

Usual price Limited offer
£480 £197

Book your place now...

Call: 01332 664836

Visit: bottomlinefitness.co.uk

Duffield Road, Little Eaton, DE215DR

Working with us on an one-to-one basis would usually cost £480, but we are making this available to you for just £197 (limited to ONLY 8 people per class, come first serve basis).



IMPACT

DANCE & FITNESS

Does exercise scare you?

Have you plateaued with your fitness and struggling to move forward?

Are you just a bit ... bored with it?

Impact Dance and Fitness specialise in beating the fear-factor by creating engaging and **FUN** classes for all levels of fitness with something for everyone.

With many classes to chose from and a selection of venues you can select which one will work for you.

And if you really want to feel the benefits, you can work on a 1:2:1 basis or choose an online program for results geared to your fitness goals

All classes pay as you go, no need to book.

Follow us on Instagram and Facebook
or call 07796536745

www.impactdancefit.com

impactdancefit@yahoo.co.uk



GET FIT FROM *home* with VIRTUAL FITNESS COMMUNITIES

- STREAMING OF 50 BEACHBODY WORKOUTS: IE: INSANITY, CIZE, P90X
- PRIVATE ONLINE FITNESS GROUPS FOR SUPPORT & MOTIVATION
- ZERO GUESSWORK WITH WORKOUT SCHEDULES FOR EACH PROGRAM
- FOOD PLANS, PORTION CONTAINERS & RECIPES
- SUPERFOOD NUTRITION SHAKE OPTION TO ADD ON
- £99 FOR **ONE** YEAR FITNESS MEMBERSHIP-LESS THAN £10 A MONTH!

CONTACT: FITNESSFOODIESITE.COM : FITNESSFOODIESITE@GMAIL.COM

HOSTED BY COACH JAMIE O'REAR, 5 1/2 YEARS EXPERIENCE, GROUP FITNESS & PIYO INSTRUCTOR



Please mention Boom when responding to adverts!

Exercise groups for parents with young children

If you offer an exercise group for parents with their tots, let us know! danielle@boommagazine.co.uk

MONDAY

ZESTFIT

Zestfit Boutique Training Studio,
Derby

Strength Is Beautiful

9:30-10am (0-5yrs)

Awesome Abs

10-10:15am (0-5yrs)

www.zestfit.co.uk

PAYG

Buggy Babes

Darley Park, Derby

2-3pm (0-3yrs)

www.buggybabes.com

BOOK

OneFitMama

Vanessa's School of Dance

One Fit Mama

9:45-10:30am (6wks – 5yrs)

Restore Course

(Pelvic floor strengthening)

10:45-11:30am (6wks – 5yrs)

www.onefitmama.co.uk

BOOK

TUESDAY

ZESTFIT

Zestfit Boutique Training Studio,
Derby

Girls Get Strong

9:30-10:15am (0 – 5yrs)

www.zestfit.co.uk

PAYG

MummyFIT LTD

Nuffield Health, Derby

1:30-2:15pm (0 – 5yrs)

info@mummyfituk.co.uk

BOOK

Clubbersize

Clare Sales School of Dance

Institute Lane, Alfreton

10-10:45am (0 – 5yrs)

Tel: 01773 688383

BOOK/CRECHE

Buggy Babes

Darley Park, Derby

1:45-2:45pm (0 – 3yrs)

www.buggybabes.com

BOOK

Mum & Baby Yoga

WildYogi @ FlowMotion, Matlock

11am-12pm (6wks-crawling)

 FlowMotion.life

BOOK

Buggy Walk

Meet @ Whiteworth Centre Cafe

Darley Dale

11am-12pm (0 – 5yrs)

Tel: 01629 581 322

BOOK (Free)

WEDNESDAY

ZESTFIT

Zestfit Boutique Training Studio,
Derby

Insanity

9:30-10am (0 – 5yrs)

Awesome Abs

10-10:15am (0 – 5yrs)

www.zestfit.co.uk

PAYG

Buggy Bootcamp

Arc Leisure, Matlock

11am-12pm (0-5yrs)

Tel: 01629 581 322

BOOK

Family Boogie

(Starts January 2018)

Fusion Yoga & Fitness Studio,
Ripley

9:30-10:30am (0-5yrs)

www.katieelizabetchdance.com

BOOK

Mums Fit

FIT 3:16 Gym

Monk Road, Alfreton

10:30-11:15am (0 – 5yrs)

 FIT 3:16 by Dan PT

BOOK

CRÈCHE AVAILABLE

Ashbourne Leisure Centre
(Tiny Teddies Community Creche)

Claire Sales School
of Dance

David Lloyd Derby

BUGGY FRIENDLY

Bootcamp Babes
Group Fitness (Page 6)

Amber Valley Fitness

Crossfit Amber Valley

GYMS & CLASSES

THURSDAY

ZESTFIT

Zestfit Boutique Training Studio,
Derby

HIIT Smasher

9:30-10:15am (0- 5yrs)

www.zestfit.co.uk

PAYG

Buggy Bootcamp

Arc Leisure, Matlock
9:30-10:30am (0- 5yrs)
Tel:01629 581 322
BOOK

Buggy Babes

Darley Park, Derby
10:30-11:30am (0-3yrs)
www.buggybabes.com
BOOK

MummyFIT LTD

Nuffield Health, Derby
2-2:45pm (0- 5yrs)
info@mummyfituk.co.uk
BOOK

Park Fit

Crich Park, Crich
9:30-10:30am (All ages)
PAYG

FRIDAY

Mums with Babies & Antenatal Pilates

The Fit Pit, Belper
10:30-11:45am
www.belperpilates.co.uk
BOOK


ZESTFIT

Zestfit Boutique Training Studio,
Derby

Calorie Circuit Training

9:30-10:15am (0- 5yrs)
www.zestfit.co.uk
PAYG

Mums Fit

FIT 3:16
Monk Road, Alfreton
10:30-11:15am (0- 5yrs)
 FIT 3:16 by Dan PT
BOOK

SATURDAY

Parkrun

Shipley Country Park
Slack Lane, Heanor
9am start
shipleycountryhelpers@parkrun.com
Markeaton Park
Kedelston Road, Derby
markeatonhelpers@parkrun.com
9am start
REGISTER (Free)

Ballet Babies & Parents

Ripley Academy of Dance LTD, Ripley
9-9:30am (0-5yrs)
www.ripleyacademyofdance.com
BOOK

WALKIE BABES

An opportunity to go on a buggy walk in pushchair friendly areas of Derbyshire with other parents/carers. Location and time varies each week. Join the facebook page for weekly walks.

 Walkie Babes

Groups for **babies & toddlers** with gentle exercise for parents.

Daisy Baby - Wednesday

Vanessa's School of Dance
Wrigglers' (baby yoga, rhythm, rhyme & sensory play)
10-11am • BOOK
'Tinies' (baby massage, yoga-based movement & relaxation for mum)
11:30am-12:30pm • BOOK
www.thedaisyfoundation.com/antenatal-classes-in-derbyshire-tara-luke/

Little Sage Baby Yoga Course - Thursday

No28 The Marketplace, Belper
9:45-11am (crawling to walking)
11am-12:15pm (8weeks to walking)
www.littlesageyoga.co.uk
BOOK

Little Sage Kids Yoga Course - Friday

No28 The Marketplace, Belper
10-11am (18mths-5yrs)
www.littlesageyoga.co.uk
BOOK

Please mention Boom when responding to adverts!





FULL MEMBERSHIP
£19.99
 THE LOWEST MONTHLY
 GYM MEMBERSHIP IN THE AREA

FOR A LIMITED TIME ONLY

- Over 40 classes per week
- Bespoke Cycling Studio
- Upstairs training area
- Pay As You Go Options
- Personal Training available

Classes include:

Metafit | Kettlecercise | Indoor Cycling
 Yoga | Body Conditioning



Sign up online at groupfitness.org.uk or call 01773 711446
 Find us at Unit 4, Heanor Road, Loscoe, Derbyshire DE75 7JT

MOTIVATION IS WHAT GETS YOU STARTED
HABIT IS WHAT KEEPS YOU GOING



Portrait Photographer

www.christinamichelle.co.uk

Christina Michelle
 Portrait Photographer

Datum

Surveying Services Ltd.
 Site Engineers &
 Land Surveyors



Tel. 07971 875626
www.datumsurveying.co.uk

E27
 26E



ULTIMATE

HEALTH AND FITNESS

t. 07791 470965



e. info@ultimatehealth-fitness.co.uk

w. www.ultimatehealth-fitness.co.uk

Are you up for a challenge?

Why not try out our 28 day transformation challenge?

You now have the chance to receive our expert level of coaching, at a fraction of our 1-2-1 personal training fees. Join one of our small groups, motivate each other, and achieve results together.

What does UHF Group Training include?

- 3 sessions each week
- Structured diet and a nutrition guide
- A training programme which is updated each month
- Expert coaching from an UHF coach
- Groups limited to 6 people
- 5 time slots daily



BEFORE

AFTER



BEFORE

AFTER



BEFORE

AFTER

Belper Pilates Studio



Benefits of Pilates:

- A refreshing mind-body workout
- Develop a strong core - flat abdominals and a strong back
- Gain long, lean muscles and flexibility
- Create an evenly conditioned body, improve sports performance, and prevent injuries.

Pregnancy and Post Natal Benefits:

- It targets the exact muscles and functions that can be a problem during pregnancy and after birth, in a safe way. Doing regular Pilates will help to: Strengthen your tummy muscles, which equips your body better to cope with the strains caused by the weight of your growing baby. A strong Pelvic Floor will also help the body return to its pre pregnancy state more quickly and prevents incontinence.

STUDIO PILATES

MONDAY 9.20-10.20am:
Mat Work Body Control Pilates



MONDAY 7-8pm:
Pilates with Equipment



WEDNESDAY 6.55-8pm:
Antenatal & Post Natal Pilates



WEDNESDAY 8-9pm:
Mat Work Body Control Pilates



FRIDAY 9.30-10.30am:
Mat Work Body Control Pilates



FRIDAY 10.30am-11.45am:
Mums with Babies &
Antenatal Pilates



We also offer courses of small groups:

- Beginners Pilates Tues 7.15pm, Weds 7.15pm & 8.15pm, Thursday 9.45am, Friday 12pm
 - Clinical Rehabilitation Pilates: Mon 1pm, Thursday 7pm, Friday 4pm
 - Pilates Reformer & Ladder Barrel individual or pairs sessions.

All classes run by Registered Physiotherapists & Health Professionals.
Hands on support and individual help as needed in classes. Two instructors for Antenatal and Post Natal sessions and busy classes. We also offer 1-2-1 sessions for complete beginners, refresher or confidence building, post injury or post surgery.

Ruth Machej Chartered Physiotherapist Tel: 07703 116284
(Venue: Belper Life-Fitness Physio, Fit Pit Gym, East Mill, Belper, No membership needed)

www.belperpilates.co.uk • www.belperlifefitnessphysio.co.uk

Zestfit

The **healthy fat loss** program

Zestfit21 is my 21 day online fat loss programme.

Designed to get you feeling healthier and more energised. It's a convenient, easy-to-follow and effective way to Learn & Burn. You'll see a big change to how you look and feel, but it's also the first step towards sustainable long-term improvement in your fitness and nutrition.

It's all online, so you can work at your own pace, following our tailored recipes and video exercises.

Its perfect for that busy mum who just can't find the time to exercise and its all from the comfort of your own home.

We are all about #strongnotskinny
Helping people feel awesome!

Zestfit Boutique Training Studio

Perkins Yard Mansfield Road Derby DE21 4AW



07886 408 418
Zestfit.co.uk

Classes at Zestfit Boutique studio

All 9.30am classes are baby and pre-schooler friendly. We encourage mums to bring their little ones to work out so they can still be active but keep the children safe. We offer all little ones ear defenders to protect their precious ear drums.

Kathryn the Owner is a mum so understands the challenges that come with keeping fit and fitting everything in!



Classes we offer in the day:

Strength is Beautiful

Awesome Abs

Girls Get Strong

Insanity

HIIT Smasher

Calorie Circuit Training

Full timetable of classes can be found on our website www.zestfit.co.uk

All classes are £4.50 Drop-in.

No booking or contract required, just turn up!

We would love to see you there!



Maxi-mum Potential Fitness

Tap or Snap MMA Club Devonshire House,
Priestsic Road, Sutton in Ashfield NG17 2AB

www.taporsnapmma.co.uk | Tel: 07813775126

See our facebook page for offers:

 /Tap or Snap MMA Club  /Maxi-mum Potential Fitness

MAXI-MUM & KIDS WEEKLY TIMETABLE

Mondays: 18:00 - 19:00 MMA FUNK

Tuesdays:

17:00 - 18:00 KIDS MMA

17:00 - 18:00 MAX'S BODY BLAST

Wednesdays:

17:30 - 18:30 MAX'S BOX, BURN & BOOTY CAMP

18:30 - 19:00 MAX'S CORE & MORE

Thursdays:

17:00 - 18:00 KIDS MMA

18:00 - 19:00 MAX'S REPS, STEPS, TABATA & INTERVAL

Fridays: 09:30 - 10:45 LADIES ONLY MMA

Saturdays: 10:00 - 11:00 KIDS MMA

10:00 - 11:00 MAX'S BODY SHRED

