



**LIVE IT**  
HEALTHY LIFESTYLE PROGRAMME

**DERBY  
COUNTY  
COMMUNITY  
TRUST**

All sessions must be booked in advance through the Live IT team.

For more information please contact Sara Adcock: [sara.adcock@dcct.co.uk](mailto:sara.adcock@dcct.co.uk) or 07812 301995

## MONDAY



### Gym Sessions (age 12+) 3:30 - 4:45 | Derby Arena (DE24 8JB)

The opportunity for you to work safely on your own goals. Our specialists will help to design a plan specifically tailored to you. Please contact your advisor for a gym induction before you start.

### Live IT Club (age 5-12) 4:30 - 5:30 | Willows Sport Centre (DE1 3NY)

Live IT is our healthy lifestyle club where your child can take part in lots of fun activities and games to improve fitness and learn about a healthy lifestyle. Across the year we also have cook and eat sessions where your child can create simple meals and taste new foods. Sessions should be booked in advance.

## TUESDAY



### Live IT Club (age 5-12) 4:30 - 5:30 | Willows Sport Centre (DE1 3NY)

Live IT is our healthy lifestyle club where your child can take part in lots of fun activities and games to improve fitness and learn about a healthy lifestyle. Across the year we also have cook and eat sessions where your child can create simple meals and taste new foods. Sessions should be booked in advance.

## WEDNESDAY



### Gym Sessions (age 12+) 3:30 - 4:45 | Derby Arena (DE24 8JB)

The opportunity for you to work safely on your own goals. Our specialists will help to design a plan specifically tailored to you. Please contact your advisor for a gym induction before you start.

### Live IT Club (age 5-12) 4:30 - 5:30 | Moorways Sports Village and Water Park (DE24 9HY)

Live IT is our healthy lifestyle club where your child can take part in lots of fun activities and games to improve fitness and learn about a healthy lifestyle. Across the year we also have cook and eat sessions where your child can create simple meals and taste new foods. Sessions should be booked in advance.

## THURSDAY



### Live IT Club (age 5-12) 4:30 - 5:30 | St Phillip's hall Chaddesden and Derwent (DE21 4JU)

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