DAVID LLOYD - ABERDEEN - 01224 321 333

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Body Pump	Scc	Studio 1	*
0940-1025	Keiser Cycling	Hec	Gym	*
1035-1115	Step	Hec	Studio 1	*
1035-1120	YogaMoves	Hol	Studio 2	*
1115-1200	Pilates Intermediate	Hol	Studio 2	
1300-1400	Hatha Yoga	Hol	Studio 1	
1730-1800	Abs & Back	Scc	Studio 1	*
1805-1825	Introduction to Keiser Cycling	Hec	Gym	
1815-1915	Yoga	Hol	Studio 2	
1815-1915	Body Pump	Scc	Studio 1	
1830-1915	RPM	Hec	Gym	
1915-2000	Body Combat	Hec	Studio 1	
1915-2015	Body Balance	Hol	Studio 2	
1930-2015	Keiser Cycling	Hec	Gym	
2000-2045	Body Attack	Hec	Studio 1	
2015-2115	Training Club	Otc	Studio 2	C

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0730	RPM	Hec	Gym	
0930-1030	Body Attack	Hec	Studio 1	*
0935-1020	Legs, Bums & Tums	Scc	Studio 2	*
0940-1025	Keiser Cycling	Hec	Gym	*
1030-1130	Body Vive	Scc	Studio 2	*
1035-1120	Body Pump	Scc	Studio 1	*
1130-1230	Training Club	Otc	Studio 1	C
1230-1300	Power Plate	Scc	Gym	£ C
1730-1830	Body Pump	Scc	Studio 1	
1800-1900	Lose & Shape Up	Otc	Studio 2	£ C
1810-1850	Aqua	Scc	Pool	
1815-1900	Keiser Cycling	Hec	Gym	
1830-1930	Body Combat	Hec	Studio 1	
1900-1945	Body Conditioning	Scc	Studio 2	
1900-1945	Kinesis Shape	Scc	Gym	£ C
1930-2015	Body Attack	Hec	Studio 1	
1945-2045	Pilates	Hol	Studio 2	
2015-2045	Abs & Back	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0730	RPM	Hec	Gym	
0930-1030	Body Pump	Scc	Studio 1	
0940-1025	Legs, Bums & Tums	Scc	Studio 2	
0945-1030	RPM	Hec	Gym	
1030-1115	Mother & Baby	Otc	Dll kids space	
1030-1130	Body Conditioning	Scc	Studio 1	
1030-1130	Body Balance	Hol	Studio 2	
1045-1115	Power Plate	Scc	Gym	£ C
1130-1200	Power Plate Advanced	Scc	Gym	£ C
1245-1315	RPM Express	Hec	Gym	
1315-1400	Body Conditioning	Scc	Studio 1	
1745-1830	Body Pump	Scc	Studio 1	
1800-1830	Abs & Back	Scc	Studio 2	
1815-1900	Keiser Cycling	Hec	Gym	
1830-1915	Legs, Bums & Tums	Scc	Studio 2	
1835-1920	Body Attack	Hec	Studio 1	
1900-1945	Body Conditioning	Scc	Studio 2	
1900-1945	RPM	Hec	Gym	
1920-2020	Body Balance	Hol	Studio 1	
1930-2030	Lose & Shape Up	Otc	Meeting Room	£ C
1930-2030	Pilates	Hol	Studio 2	
2025-2010	Step	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0730	RPM	Hec	Gym	
0930-1030	Body Combat	Hec	Studio 1	
0930-1030	Pilates	Hol	Studio 2	
0940-1025	RPM	Hec	Gym	
1000-1045	Kinesis Breathe	Scc	Gym	£ C
1030-1130	Body Balance	Hol	Studio 2	
1045-1130	Body Conditioning	Scc	Studio 1	
1715-1745	Group Exercise Welcome	Otc	Club room	
1730-1815	Body Vive	Scc	Studio 2	
1800-1900	Body Attack	Hec	Studio 1	
1815-1915	Introduction to Yoga	Hol	Studio 2	
1830-1915	Keiser Cycling	Hec	Gym	
1900-2000	Body Pump	Scc	Studio 1	
1915-1945	Power Plate	Scc	Gym	£ C
1915-2015	Body Balance	Hol	Studio 2	
2000-2045	Fit Zone		Studio 1	

KEY

£ Additional fee for this class
A Advanced class, experience required
S Designed for senior members
C Class is part of a course
* Adult class coincides with children's activity

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0730	Body Pump	Scc	Studio 1	
0930-1030	Hatha Yoga	Hol	Studio 2	*
0930-1030	Body Pump	Scc	Studio 1	*
0945-1030	RPM	Hec	Gym	*
1035-1135	Tai Chi	Hol	Studio 2	*
1045-1130	Step	Hec	Studio 1	*
1245-1330	Keiser Cycling	Hec	Gym	
1650-1720	RPM Express	Hec	Gym	
1745-1830	Body Combat	Hec	Studio 1	
1800-1900	Lose & Shape Up	Otc	Meeting room	£ C
1815-1900	RPM	Hec	Gym	
1835-1920	Body Balance	Hol	Studio 2	
1835-1920	Body Pump	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1045	Fit Zone		Studio 1	*
1030-1115	Keiser Cycling	Hec	Gym	
1100-1115	Introduction to Body Pump	Scc	Studio 1	
1100-1200	Dynamic Yoga	Hol	Studio 2	
1115-1215	Body Pump	Scc	Studio 1	*
1830-2000	Football	Otc	Sports Hall	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-0945	Body Pump	Scc	Studio 1	
0900-1000	Body Balance	Hol	Studio 2	
1000-1100	Legs, Bums & Tums	Scc	Studio 2	*
1000-1100	Body Pump	Scc	Studio 1	*
1010-1055	RPM	Hec	Gym	*
1100-1200	Yoga	Hol	Studio 2	*
1100-1200	Body Attack	Hec	Studio 1	*
1200-1300	Lose & Shape Up	Otc	Studio 2	£ C

FITNESS CLASS CATEGORY DESCRIPTIONS

HIGH ENERGY CLASSES (Hec):
High energy, high appeal. These classes are easily the fastest way to better fitness where you'll really enjoy feeling the burn.

HOLISTIC CLASSES (Hol):
Be more relaxed about getting fit. Holistic classes, like yoga, help improve your suppleness and flexibility. They're an excellent way to reduce your stress levels and keep fit at the same time.

DANCE CLASSES (Dan):
Feel the beat and feel better about doing exercise. There's nothing more rewarding than enjoying yourself so much you don't even know you've been working out. Join one of our exciting dance classes and you'll discover exactly what we mean. Dance to the music, learn some new moves, let yourself go. Living a healthier life has never been more fun.

STRENGTH & CONDITIONING CLASSES (Scc):
Have a better body just by having fun. Strength and conditioning classes are the perfect way to tone up your muscles and sculpt your body the way you'd like it to look. Whatever class you choose, we guarantee you'll find yourself loving every minute.

OTHER CLASSES (Otc):
A range of classes to help you enjoy exercise anytime.

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