DAVID LLOYD - BASILDON - 01268 662100

EXERCISE CLASS PROGRAMME APRIL – JUNE 2009

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-09.45	Keiser Cycling	Hec	Gym	
09.30-10.30	Aqua	Scc	Pool	
10.00-11.00	Body Sculpt	Scc	Studio 1	
11.00-12.00	Body Balance	Hol	Studio 1	
12.30-13.00	Group Ex Welcome	Otc	Clubroom	
12.30-13.15	Senior Club	Otc	Studio 1	
18.15-19.00	Body Sculpt	Scc	Studio 1	
19.00-20.00	Back Care Fit	Otc	Studio 2	
19.00-20.00	Body Attack	Hec	Studio 1	
19.00-19.45	Running Club	Otc	Outside	
19.00-19.45	Keiser Cycling	Hec	Gym	
19.15-20.00	Aqua	Scc	Pool	
20.00-21.00	Boxercise	Hec	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.15-08.00	Multi Circuits	Hec	Studio 1	
09.15-10.00	Running Club	Otc	Outside	
09.30-10.30	Aqua	Scc	Pool	
09.30-10.00	Abs & Back	Scc	Gym	
10.00-10.30	Body Pump Express	Scc	Studio 1	
10.30-11.00	Keiser Cycling Express	Hec	Gym	
18.00-19.00	Body Vive	Scc	Studio 1	
18.30-19.00	Row Fit Express	Hec	Gym	
19.00-19.45	Keiser Cycling	Hec	Gym	
19.00-20.00	Weight Loss Course	Otc	Studio 2	
19.00-20.00	Legs, Bums & Tums	Scc	Studio 1	
19.45-20.15	Power Plate	Scc	Gym	
20.00-21.00	Body Balance	Hol	Studio 2	
20.00-21.00	Karate	Hec	Studio 1	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Keiser Cycling	Hec	Gym	
09.30-10.30	Aerobics	Hec	Studio 1	
10.30-11.30	Body Pump	Scc	Studio 1	
13.00-13.30	Keiser Cycling Express	Hec	Gym	
13.00-14.00	Pre & Post Natal	Otc	Studio 1	
17.15-18.00	Legs, Bums & Tums	Scc	Studio 2	
18.00-19.00	YogaMoves	Hol	Studio 2	
18.00-19.00	Multi Circuits	Hec	Studio 1	
18.30-19.15	Keiser Cycling	Hec	Gym	
19.00-20.00	Body Pump	Scc	Studio 1	
19.30-20.15	RPM	Hec	Gym	
20.00-20.30	Abs & Back	Scc	Studio 2	
20.00-21.00	Salsa Aerobics	Dan	Studio 1	
20.30-22.00	Hatha Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	Gym	
09.30-10.30	Keiser Cycling	Hec	Gym	
10.00-11.00	Aerobics	Hec	Studio 1	
12.00-13.00	Senior Club	Otc	Studio 2	
12.30-14.00	Hatha Yoga	Hol	Studio 1	
18.45-19.45	Body Pump	Scc	Studio 1	
20.00-20.30	Abs & Back	Scc	Studio 2	
20.00-20.45	Keiser Cycling	Hec	Gym	
20.00-21.30	Ballroom and Latin Dancing	Dan	Studio 1	C.£

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
09.30-10.15	Gliding	Otc	Studio 2	
09.30-10.30	Boxercise	Hec	Studio 1	
10.30-11.00	Abs & Back	Scc	Gym	
10.30-11.30	Pilates	Hol	Studio 1	
11.00-11.45	Keiser Cycling	Hec	Gym	
12.00-13.00	Body Vive	Scc	Studio 1	
17.30-18.00	Row Fit Express	Hec	Gym	
18.00-18.45	RPM	Hec	Gym	
19.00-21.30	Judo	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-10.45	Keiser Cycling	Hec	Gym	
10.00-11.00	Body Combat	Hec	Studio 1	
10.30-11.00	Row Fit Express	Hec	Gym	
11.00-12.00	Body Pump	Scc	Studio 1	
18.00-19.00	Keiser Cycling	Hec	Gym	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.45-09.30	Aqua	Scc	Pool	
09.30-10.30	Body Pump	Scc	Studio 1	
10.30-11.30	Body Balance	Hol	Studio 2	
10.45-11.30	Keiser Cycling	Hec	Gym	
11.00-12.00	Body Vive	Scc	Studio 1	
12.00-12.30	Abs & Back	Scc	Studio 2	
12.00-13.00	Weight Loss Course	Otc	Gym,	£,C
15.00-16.30	Hatha Yoga	Hol	Studio 1	

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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