DAVID LLOYD - BASILDON - 01268 662100

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.30-08.15	RPM	Hec	Gym	
09.00-09.45	RPM	Hec	Gym	
10.00-11.00	Body Sculpt	Scc	Studio 1	
10.00-11.00	Aqua	Scc	Pool	
11.00-12.00	Body Balance	Hol	Studio 1	
11.15-11.45	Adult Swim	Otc	Pool	£,C
12.30-13.00	Group Exercise Welcome	Otc	Clubroom	
12.30-13.15	Senior Club	Otc	Studio 1	
15.15-16.00	Adult Swim	Otc	Pool	£,C
16.15-16.45	Keiser Cycling Express	Hec	Gym	
17.15-18.00	Multi Circuits	Hec	Studio 1	
18.00-18.45	Adult Swim	Otc	Pool	£,C
18.15-19.00	Body Sculpt	Scc	Studio 1	
19.00-20.00	Back Care Fit	Otc	Studio 2	
19.00-20.00	Running Club	Otc	Outside	
19.00-19.45	Keiser Cycling	Hec	Gym	
19.00-20.00	Body Attack	Hec	Studio 1	
19.00-19.30	Power Plate	Scc	Gym	£,C
19.15-20.00	Aqua	Scc	Pool	
19.30-20.00	Power Plate Advanced	Scc	Gym	£,C
20.00-21.00	Body Balance	Hol	Studio 2	
20.00-21.00	Boxercise	Hec	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.15-08.00	Multi Circuits	Hec	Studio 1	
09.30-10.30	Body Combat	Hec	Studio 1	
10.00-11.00	Aqua	Scc	Pool	
10.30-11.00	Body Pump Express	Scc	Studio 1	
11.15-11.45	Keiser Cycling Express	Hec	Gym	
12.00-12.30	Abs & Back	Scc	Studio 2	
17.15-18.00	Aerobics	Hec	Studio 1	
17.45-18.30	RPM	Hec	Gym	
18.00-19.00	Body Vive	Scc	Studio 1	
19.00-19.45	Keiser Cycling	Hec	Gym	
19.00-20.00	Legs, Bums & Tums	Scc	Studio 1	
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	Zumba	Dan	Studio 1	
10.30-11.30	Body Pump	Scc	Studio 1	
11.45-12.45	Pilates	Hol	Studio 1	
13.00-13.30	Keiser Cycling Express	Hec	Gym	
13.00-14.00	Pre & Post Natal	Otc	Studio 1	
16.00-16.30	Power Plate	Scc	Gym	£,C
16.30-17.00	Power Plate Advanced	Scc	Gym	£,C
17.15-18.00	Legs, Bums & Tums	Scc	Studio 1	
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	
19.00-19.30	Group Exercise Welcome	Otc	Clubroom	
19.30-20.15	Keiser Cycling	Hec	Gym	
19.30-20.00	Abs & Back	Scc	Studio 2	
20.00-21.00	Zumba	Dan	Studio 1	
20.30-22.00	Hatha Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.15-08.00	Multi Circuits	Hec	Studio 1	
09.30-10.15	Keiser Cycling	Hec	Gym	
09.30-10.30	Aerobics	Hec	Studio 1	
10.30-11.30	Legs, Bums & Tums	Scc	Studio 1	
12.00-13.00	Senior Club	Otc	Studio 2	
12.00-13.00	Tennis Fit	Otc	Courts	
12.30-14.00	Hatha Yoga	Hol	Studio 1	
13.00-13.30	Keiser Cycling Express	Hec	Gym	
18.00-19.00	YogaMoves	Hol	Studio 2	
18.00-19.00	Body Pump	Scc	Studio 1	
19.00-20.00	Lose & Shape Up	Otc	Studio 1	£,C
19.00-20.00	Ballroom and Latin Dancing	Dan	Studio 2	£,C
19.15-20.00	Keiser Cycling	Hec	Gym	
20.00-21.00	Boot Camp	Hec	Studio 1	
20.00-21.00	Pilates	Hol	Studio 2	
20.30-21.30	Swimming Club	Otc	Pool	

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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK

DAVIDL LLOYD - BASILDON - 01268 662100

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

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	Studio 2	
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	
13.00-14.00	Pre & Post Natal	Otc	Studio 1	
13.30-14.00	Power Plate	Scc	Gym	£,C
14.00-14.30	Power Plate Advanced	Scc	Gym	£,C
18.00-18.45	Keiser Cycling	Hec	Gym	
18.00-19.00	Zumba	Dan	Studio 1	
19.00-21.00	Judo	Hec	Studio 1	£

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-09.45	Aqua	Scc	Pool	
10.00-11.00	Body Combat	Hec	Studio 1	
10.00-10.45	Keiser Cycling	Hec	Gym	
11.00-12.00	Body Pump	Scc	Studio 1	
18.00-19.00	Keiser Cycling	Hec	Gym	
19.30-20.30	Swimming Club	Otc	Pool	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.45-09.30	Aqua	Scc	Pool	
09.30-10.30	Body Pump	Scc	Studio 1	
09.30-10.30	Body Balance	Hol	Studio 2	
10.30-11.30	Aerobics	Hec	Studio 1	
10.45-11.30	Keiser Cycling	Hec	Gym	
11.45-12.45	Body Vive	Scc	Studio 1	
12.30-13.00	Adult Swim	Otc	Pool	£,C
13.00-13.30	Group Exercise Welcome	Otc	Clubroom	
13.00-14.00	Lose & Shape Up	Otc	Studio 1	£,C
15.00-16.30	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.

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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK