DAVID LLOYD - BELFAST - 02890413300

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35-10.20	Body Pump	Scc	Studio	*
10:00-10:55	Aqua	Scc	Pool	
10.30-11.15	Group Cycling	Hec	Cycle Area	*
10.30-11.25	Stretch & Tone	Scc	Studio	
11.30-12.25	Pilates	Hol	Studio	
12.00-12.55	Lose & Shape Up	Otc	Club Room	£ C
17.45-18.30	RPM	Hec	Cycle Area	*
18.00-19.15	Yoga	Hol	Function Room	
18.15-19.00	Group Exercise Welcome	Otc	Club Room	
18.15-19.10	Body Pump	Scc	Studio	
19.00-19.55	Circuits	Hec	Sports Hall	
19.00-19.55	Lose & Shape Up	Otc	Function Room	£ C
19.00-19.55	Ski Fit	Otc	Gym	
19.30-20.25	Body Balance	Hol	Studio	
20.10-21.05	Aqua	Scc	Pool	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35-10.20	Body Attack	Hec	Studio	*
10.00-10.45	Group Exercise Welcome	Otc	Club Room	
10.25-11.20	Body Vive	Scc	Studio	
10.30-11.15	RPM	Hec	Cycle Area	
11.00-11.55	Aqua	Scc	Pool	
11.25-12.20	Body Balance	Hol	Studio	
17.45-18.30	RPM	Hec	Cycle Area	
18.00-19.00	Run Fit	Otc	Sports Hall	
18.15-19.10	Body Attack	Hec	Studio	
18.45-19.30	Group Cycling	Hec	Cycle Area	*
19.20-19.45	Abs & Stretch	Scc	Studio	
19.30-21.00	Ashtanga Yoga	Hol	Function Room	*
19.50-20.45	Step	Hec	Studio	*

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Group Cycling	Hec	Cycle Area	
09.35-10.30	Body Conditioning	Scc	Studio	*
10.30-11.15	RPM	Hec	Cycle Area	*
10.35-11.30	Body Vive	Scc	Studio	*
18.15-19.00	Group Cycling	Hec	Cycle Area	*
18.15-19.00	Body Combat	Hec	Studio	*
18.15-19.10	Pilates	Hol	Function Room	
19.15-20.00	Group Cycling	Hec	Cycle Area	
19.15-20.10	Body Pump	Scc	Studio	
19.30-20.25	Adult Swim	Otc	Pool	
20.00-21.15	Hatha Yoga	Hol	Function Room	
20.15-21.10	Body Jam	Dan	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.15-08.00	Body Pump	Scc	Studio	
09:00-09:55	Hatha Yoga	Hol	Studio	
09.35-10.30	Body Pump	Scc	Studio	*
10.30-11.15	RPM	Hec	Cycling Area	*
10.30-11.25	Lose & Shape Up	Otc	Club Room	
10.35-11.30	Body Jam	Dan	Studio	
11.35-12.30	Pilates	Hol	Studio	
17.30-18.15	Beginners Group Cycling	Hec	Cycling Area	*
18.15-19.10	Body Pump	Scc	Studio	
18.30-19.15	RPM	Hec	Cycling Area	
18.30-19.25	Master Swim	Otc	Pool	
19.00-19.55	YogaMoves	Hol	Function Room	
19:00-19:55	Lose & Shape Up	Otc	Function Room	
19:25-20:10	Body Combat	Hec	Studio	

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
07.15-08.00	RPM	Hec	Cycle Area	
09.35-10.30	Body Conditioning	Scc	Studio	*
09.45-10.30	RPM	Hec	Cycle Area	*
10.35-11.00	Abs & Stretch	Scc	Studio	*
11.00-11.45	Body Combat	Hec	Studio	
11.00-11.55	Aqua	Scc	Pool	
12.00-12.55	Pilates	Hol	Studio	
18.00-18.55	Circuits	Hec	Sports Hall	
18.15-19.00	Group Cycling	Hec	Cycle Area	
19.30-20.25	Tai Chi	Hol	Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.00-11.55	Body Pump	Scc	Studio	*
11.00-11.55	Group Cycling	Hec	Cycle Area	*A
12.15-13.00	Body Balance	Hol	Studio	*
12.15-13.00	Family Cycle	Hec	Cycle Area	*

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35-10.30	Body Attack	Hec	Studio	*
10.00-10.45	RPM	Hec	Cycle Area	*
10.35-11.20	Body Conditioning	Scc	Studio	*
11.30-12.25	Body Balance	Hol	Studio	
17.00-17.45	RPM	Hec	Cycle Area	

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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