DAVID LLOYD - BIRMINGHAM - 0121 325 0700

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30-10:15	Keiser Cycling	Hec	Spin Studio	
09:45-10:30	Aerobics	Hec	Studio 1	
10:15-11:00	Aqua	Scc	Indoor Pool	
10:30-11:30	Body Balance	Hol	Studio 2	
11:30-12:15	Legs, Bums & Tums	Scc	Studio 1	
12:15-13:00	Mature Movers	Scc	Studio 1	
14:00-15:00	Pilates	Hol	Studio 2	
17:00-17:30	Total Body Workout	Hec	Studio 1	*
17:30-18:00	Core Stability	Scc	Studio 1	*
18:00-18:45	Aerobics	Hec	Studio 1	*
18:00-19:00	Keiser Cycling Advanced	Hec	Spin Studio	*
18:30-20:30	Adult Basketball	Otc	Sports Hall	
18:45-19:30	Legs, Bums & Tums	Scc	Studio 1	
19:00-20:00	Group Exercise Welcome	Otc	Club Room	
19:00-20:00	Pilates	Hol	Studio 2	
19:00-20:00	Ski Fit	Otc	Gym Desk	
19:30-20:15	Keiser Cycling	Hec	Spin Studio	
19:30-20:30	Body Pump	Scc	Studio 1	
20:00-21:00	Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00-08:00	Boxercise	Hec	Studio 1	
09:30-10:15	Keiser Cycling	Hec	Spin Studio	
09:30-10:30	Body Pump	Scc	Studio 1	
10:15-11:00	Aqua	Scc	Indoor Pool	
10:45-11:30	Conditioning	Scc	Studio 1	
11:30-12:15	Legs, Bums & Tums	Scc	Studio 1	
17:00-17:45	Conditioning	Scc	Studio 1	*
17:45-18:45	Body Combat	Hec	Studio 1	
18:00-18:30	Beginners Group Cycling	Hec	Spin Studio	*
18:30-19:30	Swim Fit	Otc	Indoor Pool	
18:45-19:30	Body Balance	Hol	Studio 2	
18:45-19:30	Core Stability	Scc	Studio 2	
19:30-20:15	Step	Hec	Studio 1	
19:30-20:30	Keiser Cycling Advanced	Hec	Spin Studio	A
20:15-21:00	Boxercise	Hec	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00-07:45	Keiser Cycling	Hec	Spin Studio	
09:30-10:15	Keiser Cycling	Hec	Spin Studio	
09:45-10:45	Body Combat	Hec	Studio 1	
10:45-11:45	Body Pump	Scc	Studio 1	
10:45-11:45	YogaMoves	Hol	Studio 2	
11:45-12:15	Legs, Bums & Tums	Scc	Studio 1	
12:15-13:15	Body Vive	Scc	Studio 1	
13:00-14:00	Group Exercise Welcome	Otc	Club Room	
13:15-14:15	Body Balance	Hol	Studio 2	
13:30-14:30	Dance Fit	Dan	Studio 1	
17:30-18:30	Body Pump	Scc	Studio 1	
18:30-19:30	Body Attack	Hec	Studio 1	
18:30-20:00	Adult Netball	Otc	Sports Hall	
18:30-19:15	Keiser Cycling	Hec	Spin Studio	
19:00-20:00	Lose & Shape Up	Otc	Meeting Room	£
19:15-20:00	Aqua	Scc	Indoor Pool	
19:30-20:30	Multi Circuits	Hec	Studio 1	
19:30-20:30	Ballroom and Latin Dancing	Dan	Studio 2	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00-07:30	Core Stability	Scc	Studio 1	
07:30-08:00	Multi Circuits	Hec	Studio 1	
09:30-10:15	Keiser Cycling	Hec	Spin Studio	
09:45-10:45	Body Attack	Hec	Studio 1	
10:30-11:30	Dance Fit	Dan	Studio 2	
10:45-11:45	Body Pump	Scc	Studio 1	
12:00-13:00	Aerobics	Hec	Studio 1	
13:15-14:15	Pilates	Hol	Studio 2	
18:15-19:15	Boxing Fit	Otc	Studio 1	
18:30-19:00	Legs, Bums & Tums	Scc	Studio 2	*
18:30-19:15	Keiser Cycling	Hec	Spin Studio	
19:00-20:00	Lose & Shape Up	Otc	Studio 2	£
19:30-20:30	Body Pump	Scc	Studio 1	
20:00-21:00	Salsa Aerobics	Dan	Studio 2	

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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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00-07:45	Conditioning	Scc	Studio 1	
09:30-10:15	Keiser Cycling	Hec	Spin Studio	
09:30-10:30	Body Combat	Hec	Studio 2	
10:15-11:00	Aqua	Scc	Indoor Pool	
10:30-11:30	Step	Hec	Studio 1	
11:30-12:30	Body Balance	Hol	Studio 1	
12:30-13:30	Body Pump	Scc	Studio 1	
17:15-18:00	Keiser Cycling	Hec	Spin Studio	*
18:00-20:00	Adult Basketball	Otc	Sports Hall	
18:15-19:00	Keiser Cycling	Hec	Spin Studio	*
19:15-20:15	Multi Circuits	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00-10:00	Total Body Workout	Hec	Studio 2	
10:00-11:00	Conditioning	Scc	Studio 1	*
11:00-11:45	Keiser Cycling	Hec	Spin Studio	*
11:00-12:00	Boxercise	Hec	Studio 1	*
14:30-15:30	Multi Circuits	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00-09:45	Total Body Workout	Hec	Studio 1	
10:00-11:00	Conditioning	Scc	Studio 1	*
11:00-11:45	Keiser Cycling	Hec	Spin Studio	*
11:00-12:00	Aerobics	Hec	Studio 1	*
12:00-13:00	Body Pump	Scc	Studio 1	*
13:15-14:15	Body Balance	Hol	Studio 2	

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
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