DAVID LLOYD LEISURE - BIRMINGHAM - 0121 325 0700

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycling Studio	
09:15 - 09:45	Core Stability	Scc	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:45 - 10:30	Aerobics	Hec	Studio 1	
09:45 - 10:40	Body Pump Express	Scc	Studio 2	
10:15 - 11:00	Aqua	Scc	Ind Pool	
10:30 - 11:15	Body Conditioning	Scc	Studio 1	
11:00 - 11:50	Swimming Club	Otc	Ind Pool	
11:15 - 12:15	Body Balance	Hol	Studio 2	
12:15 - 13:15	Zumba Gold	Otc	Studio 1	
14:00 - 15:00	Pilates	Hol	Studio 2	
17:30 - 18:00	Core Stability	Scc	Studio 1	
18:00 - 18:45	Aerobics	Hec	Studio 1	
18:00 - 19:00	Group Exercise Welcome	Otc	Club Rm	
18:00 - 19:00	Lose & Shape Up	Otc	Adult Lounge	£
18:00 - 19:00	Lose & Shape Up Course	Otc	Meeting Rm	
18:45 - 19:30	Legs, Bums and Tums	Scc	Studio 1	
19:00 - 20:00	Pilates	Hol	Studio 2	
19:30 - 20:45	Body Pump	Scc	Studio 1	
20:00 - 21:00	Yoga	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycling Studio	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:45 - 10:45	Zumba	Dan	Studio 2	
10:45 - 11:45	YogaMoves	Hol	Studio 2	
10:45 - 12:00	Body Pump	Scc	Studio 1	
12:00 - 12:45	Legs, Bums and Tums	Scc	Studio 1	
12:45 - 13:15	Abs & Stretch	Scc	Studio 1	
13:00 - 14:00	Group Exercise Welcome	Otc	Club Rm	
13:15 - 14:15	Dance Fit	Otc	Studio 1	
17:30 - 18:15	Group Cycling	Hec	Cycling Studio	
17:30 - 18:45	Body Pump	Scc	Studio 1	
18:30 - 20:00	Adult Netball	Otc	Bad Crt 1-4	
18:45 - 19:30	Group Cycling	Hec	Cycling Studio	
18:45 - 19:30	Zumba	Dan	Studio 1	
19:00 - 19:45	Aqua	Scc	Ind Pool	
19:30 - 20:30	Circuits	Hec	Studio 1	
19:30 - 20:45	Body Pump	Scc	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Boxercise	Hec	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:45	Body Pump	Scc	Studio 1	
10:15 - 11:00	Aqua	Scc	Ind Pool	
10:30 - 11:30	Yoga	Hol	Studio 2	
10:45 - 11:30	Body Conditioning	Scc	Studio 1	
11:30 - 12:15	Legs, Bums and Tums	Scc	Studio 1	
17:00 - 17:45	Body Conditioning	Scc	Studio 2	
17:45 - 18:40	Body Combat	Hec	Studio 1	
18:00 - 19:00	Group Cycling Advanced	Otc	Cycling Studio	
18:15 - 19:00	Yoga	Hol	Studio 2	
18:45 - 19:30	Body Balance	Hol	Studio 1	
19:00 - 20:00	Zumba	Dan	Studio 2	
19:30 - 20:15	Step	Hec	Studio 1	
20:15 - 21:00	Boxercise	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Core Stability	Scc	Studio 1	
07:30 - 08:00	Multi Circuits	Hec	Studio 1	
09:45 - 10:45	Body Attack	Hec	Studio 1	
10:00 - 10:45	Abs & Stretch	Scc	Studio 2	
10:45 - 11:45	Dance Fit	Otc	Studio 2	
10:45 - 12:00	Body Pump	Scc	Studio 1	
12:00 - 13:00	Aerobics	Hec	Studio 1	
13:15 - 14:15	Pilates	Hol	Studio 2	
17:30 - 18:30	Body Balance	Hol	Studio 2	
17:30 - 18:45	Body Pump	Scc	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycling Studio	
18:45 - 19:45	Boxing Circuit	Otc	Studio 2	
19:00 - 19:45	Step	Hec	Studio 1	
19:50 - 20:45	Body Combat	Hec	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 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Conditioning	Scc	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Body Combat	Hec	Studio 1	
10:30 - 11:15	Aqua	Scc	Ind Pool	
10:30 - 11:30	Step	Hec	Studio 1	
11:30 - 12:30	Body Balance	Hol	Studio 2	
12:30 - 13:45	Body Pump	Scc	Studio 1	
17:15 - 18:10	Body Pump Express	Scc	Studio 1	
18:15 - 19:15	Group Cycling Advanced	Otc	Cycling Studio	
19:15 - 20:00	Zumba	Dan	Studio 2	
19:15 - 20:15	Circuits	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Abs & Stretch	Scc	Studio 1	
10:10 - 10:55	Group Cycling	Hec	Cycling Studio	
10:10 - 11:10	Body Conditioning	Scc	Studio 1	
11:10 - 12:10	Aerobics	Hec	Studio 1	
12:10 - 13:25	Body Pump	Scc	Studio 1	
13:20 - 14:20	Body Balance	Hol	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:10 - 10:55	Group Cycling	Hec	Cycling Studio	
10:10 - 11:10	Body Conditioning	Scc	Studio 1	
11:10 - 12:10	Boxercise	Hec	Studio 1	
11:15 - 12:30	Body Pump	Scc	Studio 2	
12:30 - 13:30	Dance Fit	Otc	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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