DAVID LLOYD LEISURE - BOLTON - 01204 547601

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Studio 3	
10:30 - 11:25	Body Pump	Scc	Studio 1	
17:30 - 18:25	Group Cycling Advanced	Otc	Studio 3	
18:00 - 18:30	Power Plate Course	Otc	Gym Area 1	£
18:30 - 19:25	Body Pump	Scc	Studio 1	
19:30 - 20:25	Zumba	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump Express	Scc	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Studio 3	
10:00 - 11:30	Yoga	Hol	Studio 2	
10:30 - 11:00	ViPR Course	Otc	Gym Area 1	
10:30 - 11:15	Body Conditioning	Scc	Studio 1	
12:00 - 12:55	Body Pump	Scc	Studio 1	
13:30 - 14:00	Aqua Pilates	Scc	Main Pool	
17:30 - 18:15	Power Plate Taster	Otc	Gym	
17:30 - 18:25	Body Pump	Scc	Studio 1	
17:45 - 18:30	Abs & Stretch	Scc	Studio 2	
18:30 - 19:15	Group Cycling	Hec	Studio 3	
18:30 - 19:25	Body Attack	Hec	Studio 1	
18:45 - 19:30	Pilates Beginners	Hol	Studio 2	
19:20 - 20:05	Group Cycling Advanced	Otc	Studio 3	
19:30 - 20:15	Pilates Advanced	Hol	Studio 2	
19:30 - 20:15	Step	Hec	Studio 1	
20:00 - 20:45	Aqua	Scc	Main Pool	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Studio 3	
09:45 - 10:30	Step	Hec	Studio 1	
10:30 - 11:15	Body Balance	Hol	Studio 2	
10:30 - 11:15	Body Conditioning	Scc	Studio 1	
11:00 - 11:30	Aqua Pilates	Scc	Main Pool	
11:30 - 12:15	Aqua	Scc	Main Pool	
11:30 - 12:25	Body Pump	Scc	Studio 1	
13:30 - 14:00	Group Exercise Welcome	Otc	Club Rm	
14:00 - 14:55	Pilates	Hol	Studio 2	
17:00 - 17:55	Lose & Shape Up Seminar	Otc	Studio 4	
17:30 - 18:25	Running Club	Otc	Gym Area 1	
17:45 - 18:15	Beginners Group Cycling	Hec	Studio 3	
18:30 - 19:15	Group Cycling	Hec	Studio 3	
18:30 - 19:25	Body Attack	Hec	Studio 1	
18:30 - 19:25	Lose & Shape Up Course	Otc	Gym Area 1	
18:30 - 19:25	Yoga	Hol	Studio 2	
19:30 - 20:15	ViPR Taster	Otc	Gym 1	
19:30 - 20:25	Body Pump	Scc	Studio 1	
19:30 - 20:25	Lose & Shape Up Course	Otc	Gym Area 1	
19:30 - 20:25	Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Studio 3	
10:00 - 10:55	Lose & Shape Up Course	Otc	Studio 4	
10:30 - 11:15	Power Plate Taster	Otc	Gym Area 1	
10:30 - 11:25	Pilates	Hol	Studio 2	
13:00 - 13:55	Circuits	Hec	Gym Area 1	
18:30 - 19:25	Group Cycling Advanced	Otc	Studio 3	
18:30 - 19:25	Zumba	Dan	Studio 1	
18:30 - 19:30	Tae Kwon Do	Hec	Studio 2	
19:30 - 20:15	Group Cycling	Hec	Studio 3	
19:30 - 20:25	Body Balance	Hol	Studio 2	
20:00 - 20:45	Aqua	Scc	Main 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
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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Studio 3	
09:30 - 10:15	Group Cycling	Hec	Studio 3	
09:30 - 10:25	Zumba	Dan	Studio 1	
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:30 - 12:15	Aqua	Scc	Main Pool	
14:00 - 14:55	Pilates	Hol	Studio 2	
17:30 - 18:25	YogaMoves	Hol	Studio 2	
17:45 - 18:30	Group Cycling	Hec	Studio 3	
18:00 - 18:55	Running Club	Otc	Gym Area 1	
18:30 - 19:25	Body Pump	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Step	Hec	Studio 1	
11:15 - 12:00	Group Cycling	Hec	Studio 3	
11:30 - 12:25	Salsa Aerobics	Dan	Studio 1	
12:45 - 13:40	Body Pump	Scc	Studio 1	
14:00 - 14:55	Pilates	Hol	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:55	Body Pump	Scc	Studio 1	
11:00 - 11:55	Body Attack	Hec	Studio 1	
12:00 - 12:45	Group Cycling	Hec	Studio 3	
13:00 - 13:45	JUKARI Fit to Flex	Otc	Studio 1	
17:30 - 18:30	Circuits	Hec	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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