# DAVID LLOYD - BRISTOL WESTBURY - 01179 597140

## EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0935-1020 | Keiser Cycling | Hec | Studio 2 | * |
| 0935-1025 | Body Step | Hec | Studio 1 | * |
| 1000-1045 | Aqua | Scc | Pool | * |
| 1035-1130 | Body Pump | Scc | Studio 1 | * |
| 1400-1500 | Conditioning | Scc | Studio 1 | |
| 1700-1745 | Body Balance | Hol | Studio 1 | * |
| 1745-1830 | Body Attack | Hec | Studio 1 | |
| 1745-18.30 | Keiser Cycling | Hec | Studio 1 | |
| 1830-1915 | Body Pump | Scc | Studio 1 | |
| 1835-1920 | Keiser Cycling | Hec | Studio 2 | |
| 1920-2010 | Show Time | Dan | Studio 1 | |
| 2010-2105 | Iyengar Yoga | Hol | Studio 1 | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0935-1025 | Body Attack | Hec | Studio 1 | * |
| 0935-1020 | Keiser Cycling | Hec | Studio 2 | * |
| 1000-1045 | Aqua | Scc | pool | * |
| 1035-1130 | Body Pump | Scc | Studio 1 | * |
| 1135-1235 | Iyengar Yoga | Hol | studio 1 | |
| 1700-1745 | Show Time | Dan | Studio 1 | * |
| 1745-1830 | Keiser Cycling | Hec | Studio 2 | |
| 1800-1900 | Body Jam | Dan | Studio 1 | |
| 1815-1900 | Aqua | Scc | Gym | |
| 1830-1845 | Core Stability | Scc | Pool | |
| 1835-1915 | Keiser Cycling | Hec | Studio 2 | |
| 1900-2000 | Body Pump | Scc | Studio 1 | |
| 1945-2045 | Training Club | Otc | Gym | |
| 2005-2105 | Body Step | Hec | Studio 1 | |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0700-0745 | Keiser Cycling | Hec | Studio 2 | |
| 0930-1030 | Conditioning | Scc | Studio 1 | * |
| 0935-1005 | Power Plate | Scc | Gym | *£C |
| 1030-1130 | Body Balance | Hol | Studio 1 | |
| 1130-1230 | Step | Hec | Studio 1 | |
| 1700-1800 | Body Pump | Scc | Studio 1 | * |
| 1800-1900 | Body Step | Hec | Studio 1 | |
| 1800-1830 | Power Plate | Scc | Gym | *£ C |
| 1830-1915 | Keiser Cycling | Hec | Studio 2 | |
| 1900-1945 | Aqua | Scc | Pool | |
| 1900-2000 | Iyengar Yoga | Hol | Studio 1 | |
| 1900-2000 | Running Club | Otc | Reception | |
| 2015-2100 | Pilates Fitness | Hol | Studio 1 | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0700-0745 | Keiser Cycling | Hec | Studio 2 | |
| 0930-1030 | Conditioning | Scc | Studio 1 | * |
| 0930-1030 | Pre & Post Natal | Otc | DL Kids Suite | * |
| 1030-1115 | Core Ball | Scc | Studio 1 | |
| 1030-1130 | Introduction to Pilates | Hol | Studio 2 | £ C |
| 1130-1230 | Pilates Intermediate | Hol | Studio 2 | |
| 1230-1330 | Pilates Intermediate | Hol | Studio 2 | |
| 1800-1845 | Body Attack | Hec | Studio 1 | |
| 1815-1900 | Circuits | Hec | DL Kids Suite | |
| 1830-1915 | Keiser Cycling | Hec | Studio 2 | |
| 1845-1945 | Conditioning | Scc | Studio 1 | |
| 1900-1945 | Aqua | Scc | Pool | |
| 1930-2030 | Body Balance | Hol | Studio 1 | |

### 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 |
|---|---|---|---|---|
| 0935-1005 | Keiser Cycling | Hec | Studio 2 | * |
| 0935-1025 | Body Jam | Dan | Studio1 | * |
| 1000-1045 | Aqua | Scc | pool | * |
| 1005-1020 | Core Stability | Scc | Gym | * |
| 1035-1130 | Body Balance | Hol | Studio 1 | * |
| 1130-1230 | Pilates Fitness | Hol | Studio 1 | |
| 1700-1800 | Body Balance | Hol | Studio 1 | * |
| 1800-1900 | Conditioning | Scc | Studio 1 | |
| 1830-1915 | Keiser Cycling | Hec | Studio 2 | |

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 1000-1100 | Aerobics | Hec | Studio 2 | |
| 1100-1200 | Body Pump | Scc | Studio 1 | |
| 1100-1145 | Keiser Cycling | Hec | Studio 2 | |
| 1715-1845 | Dance with David Lloyd | Dan | Studio 1 | £C |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0935-1020 | Keiser Cycling | Hec | Studio 2 | * |
| 0935-1030 | Body Step | Hec | Studio 1 | * |
| 1035-1130 | Body Jam | Dan | Studio 1 | * |
| 1045-1145 | Pilates Fitness | Hol | studio 2 | |
| 1145-1245 | Pilates Intermediate | Hol | Studio1 | |
| 1245-1345 | Pilates Intermediate | Hol | Studio 1 | |
| 1345-1445 | Introduction to Pilates | Hol | Studio 1 | £ C |

### 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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