DAVID LLOYD LEISURE - BRISTOL WESTBURY - 01179 597140

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Group Cycling	Hec	Studio 2	
09:35 - 10:30	Body Step	Hec	Studio 1	
10:00 - 10:45	Aqua	Scc	Main Pool	
10:35 - 11:30	Body Pump	Scc	Studio 1	
14:00 - 15:00	Senior Conditioning	Scc	Studio 1	
17:00 - 17:45	Body Balance	Hol	Studio 1	
17:45 - 18:30	Group Cycling	Hec	Studio 2	
18:00 - 18:30	Group Exercise Welcome	Otc	Rec	
18:00 - 18:45	Body Attack	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Studio 2	
18:45 - 19:30	Body Pump	Scc	Studio 1	
19:30 - 20:15	Core Stability	Scc	Studio 2	
19:35 - 20:35	Zumba	Dan	Studio 1	
20:15 - 21:15	Iyengar Yoga	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Studio 2	
09:30 - 10:30	Body Conditioning	Scc	Studio 1	
10:30 - 11:30	Body Balance	Hol	Studio 1	
11:30 - 12:00	Group Exercise Welcome	Otc	Rec	
17:00 - 18:00	Body Pump	Scc	Studio 1	
18:00 - 19:00	Body Step	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Studio 2	
19:00 - 19:45	Aqua	Scc	Main Pool	
19:00 - 20:00	Iyengar Yoga	Hol	Studio 1	
19:00 - 20:00	Running Club	Otc	Rec	
19:30 - 20:30	Pilates Intermediate	Hol	Studio 2	
20:15 - 21:15	Pilates Fitness	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:30	Body Attack	Hec	Studio 1	
10:00 - 10:45	Aqua	Scc	Main Pool	
10:30 - 11:30	Body Pump	Scc	Studio 1	
11:35 - 12:35	Iyengar Yoga	Hol	Studio 1	
17:00 - 17:55	Show Time	Dan	Studio 1	
17:45 - 18:30	Group Cycling	Hec	Studio 2	
18:00 - 19:00	Body Jam	Dan	Studio 1	
18:15 - 19:00	Aqua	Scc	Main Pool	
18:35 - 19:20	Group Cycling	Hec	Studio 2	
19:00 - 20:00	Body Pump	Scc	Studio 1	
20:00 - 21:00	Circuits	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Conditioning	Scc	Studio 1	
09:30 - 10:30	Pre & Post Natal	Otc	Studio 2	
10:30 - 11:15	Core Stability	Scc	Studio 2	
10:30 - 11:30	Zumba	Dan	Studio 1	
11:30 - 12:15	Zumba Toning	Dan	Studio 2	
11:30 - 12:30	Pilates Intermediate	Hol	Studio 1	
12:30 - 13:00	Group Exercise Welcome	Otc	Rec	
12:30 - 13:30	Pilates Intermediate	Hol	Studio 1	
17:00 - 17:30	ViPR Taster	Otc	Gym Desk	
17:30 - 18:00	Power Plate Taster	Otc	Gym Desk	
18:00 - 18:45	Body Attack	Hec	Studio 1	
18:45 - 19:30	Body Conditioning	Scc	Studio 1	
19:00 - 19:45	Aqua	Scc	Main Pool	
19:30 - 20:30	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

LIFE. Be fit for it
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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:05	Group Cycling	Hec	Studio 2	
09:35 - 10:30	Body Jam	Dan		
10:00 - 10:45	Aqua	Scc	Main Pool	
10:05 - 10:20	Core Stability	Scc	Studio 2	
10:30 - 11:30	Body Balance	Hol	Studio 1	
11:30 - 12:30	Pilates Fitness	Hol	Studio 1	
17:00 - 18:00	Body Balance	Hol	Studio 1	
18:00 - 19:00	Body Conditioning	Scc	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Group Cycling	Hec	Studio 2	
09:35 - 10:30	Body Step	Hec	Studio 1	
10:35 - 11:30	Body Jam	Dan	Studio 1	
10:45 - 11:45	Pilates Fitness	Hol	Studio 2	
11:45 - 12:45	Pilates Intermediate	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Aerobics	Hec	Studio 1	
10:30 - 11:30	Zumba	Dan	Studio 1	
11:00 - 11:45	Group Cycling	Hec	Studio 2	
11:30 - 12:30	Body Pump	Scc	Studio 1	
18:00 - 19:00	Yoga	Hol	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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