DAVID LLOYD LEISURE - BROMSGROVE - 01527 573620

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	RPM Express	Hec	Spin Studio	
09:30 - 10:15	ViPR Course	Otc	Studio 2	£
09:30 - 10:30	Body Combat	Hec	Studio 1	
09:45 - 10:30	RPM	Hec	Spin Studio	
10:30 - 11:25	Body Conditioning	Scc	Studio 1	
11:30 - 12:25	Senior Conditioning	Scc	Studio 1	
11:30 - 12:25	YogaMoves	Hol	Studio 2	
13:00 - 13:45	Aqua	Scc	Ind Pool	
13:00 - 13:55	Body Pump	Scc	Studio 1	
13:00 - 14:00	Group Exercise Welcome	Otc	Club Rm	
18:00 - 18:55	Body Balance	Hol	Studio 2	
18:00 - 19:00	Body Combat	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
19:00 - 19:30	Core Stability	Scc	Studio 2	
19:00 - 19:30	Core Stability	Scc	Studio 2	
19:00 - 19:45	Aqua	Scc	Ind Pool	
19:00 - 19:45	Row Fit	Otc	Gym	
19:00 - 19:55	Body Jam	Dan	Studio 1	
19:30 - 20:25	Stretch & Tone	Scc	Studio 2	
20:00 - 20:45	Group Cycling	Hec	Spin Studio	
20:15 - 21:10	Body Pump	Scc	Studio 1	
20:30 - 21:25	Hatha Yoga	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Combat	Hec	Studio 1	
09:30 - 10:30	Body Step	Hec	Studio 2	
09:45 - 10:30	ViPR Taster	Otc	Gym	
10:30 - 11:30	Zumba	Dan	Studio 2	
10:35 - 11:30	Body Pump	Scc	Studio 1	
11:30 - 12:15	JUKARI Fit to Flex	Otc	Studio 2	
11:35 - 12:30	Stretch & Tone	Scc	Studio 1	
12:45 - 13:40	Body Balance	Hol	Studio 2	
18:00 - 18:30	Core Stability	Scc	Studio 2	
18:00 - 18:30	Core Stability	Scc	Studio 2	
18:30 - 19:25	Circuits	Hec	Studio 1	
18:30 - 20:00	Tri Class	Hec	Gym	
18:45 - 19:30	Group Cycling	Hec	Spin Studio	
18:45 - 19:40	Stretch & Tone	Scc	Studio 2	
19:35 - 20:30	Body Pump	Scc	Studio 1	
20:35 - 21:30	Body Balance	Hol	Studio 1, 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 JULY - AUGUST 2010

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Group Cycling	Hec	Spin Studio	
09:30 - 10:25	Body Jam	Dan	Studio 1	
09:30 - 10:30	Boxercise	Hec	Studio 2	
09:45 - 10:30	Group Cycling	Hec	Spin Studio	
10:30 - 11:00	Core Stability	Scc	Studio 2	
10:30 - 11:00	Core Stability	Scc	Studio 2	
10:30 - 11:15	Body Conditioning	Scc	Studio 1	
11:15 - 12:10	Body Balance	Hol	Studio 2	
11:30 - 12:25	Pilates	Hol	Studio 1	
12:30 - 13:25	Senior Conditioning	Scc	Studio 1	
13:00 - 13:45	Aqua	Scc	Ind Pool	
17:45 - 18:30	ViPR Taster	Otc	Gym	
18:00 - 18:30	Core Stability	Scc	Studio 2	
18:00 - 18:30	Core Stability	Scc	Studio 2	
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
18:30 - 19:25	Pilates	Hol	Studio 2	
19:00 - 19:45	Aqua	Scc	Ind Pool	
19:00 - 19:45	Row Fit	Otc	Gym	
19:15 - 20:10	Body Attack	Hec	Studio 1	
19:15 - 20:15	Group Exercise Welcome	Otc	Club Rm	
19:30 - 21:00	Hatha Yoga	Hol	Studio 2	
20:15 - 21:15	Body Combat	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Body Pump Express	Scc	Studio 1	
09:30 - 10:25	Body Attack	Hec	Studio 1	
09:30 - 10:25	Body Balance	Hol	Studio 2	
09:45 - 10:30	RPM	Hec	Spin Studio	
10:30 - 11:15	Legs, Bums and Tums	Scc	Studio 1	
11:30 - 12:25	Body Vive	Scc		
17:30 - 18:00	Core Stability	Scc	Studio 2	
17:30 - 18:00	Core Stability	Scc	Studio 2	
18:00 - 18:45	JUKARI Fit to Flex	Otc	Studio 1	
18:00 - 18:45	ViPR Course	Otc	Studio 2	£
18:15 - 19:00	Group Cycling	Hec	Spin Studio	
19:00 - 19:55	Body Jam	Dan	Studio 1	
19:00 - 19:55	Body Pump	Scc	Studio 2	
20:15 - 21:10	Body Balance	Hol	Studio 2	

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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Spin Studio	
09:30 - 10:25	Pilates	Hol	Studio 2	
09:30 - 10:25	Step	Hec	Studio 1	
10:30 - 11:25	Belly Dancing	Dan	Studio 2	
10:35 - 11:30	Body Pump	Scc	Studio 1	
11:45 - 12:40	Stretch & Tone	Scc	Studio 1	
13:00 - 13:45	Aqua	Scc	Ind Pool	
13:00 - 14:00	Body Combat	Hec	Studio 1	
17:30 - 18:00	Core Stability	Scc	Studio 2	
18:00 - 19:00	Zumba	Dan	Studio 2	
18:15 - 19:00	Group Cycling	Hec	Spin Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Group Cycling	Hec	Spin Studio	
09:30 - 10:25	Body Attack	Hec	Studio 1	
10:00 - 10:55	Pilates	Hol	Studio 2	
10:30 - 11:25	Body Conditioning	Scc	Studio 1	
11:35 - 12:30	Body Pump	Scc	Studio 1	
17:00 - 18:00	Body Combat	Hec	Studio 1	
18:00 - 18:55	Body Balance	Hol	Studio 2	

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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Running Club	Otc	Outside	
09:00 - 10:00	Body Combat	Hec	Studio 1	
09:45 - 10:45	Astanga Yoga	Hol	Studio 2	
10:00 - 11:00	Body Step	Hec	Studio 1	
11:00 - 11:55	Body Pump	Scc	Studio 1	
17:00 - 17:55	Circuits	Hec	Studio 1	
17:30 - 18:00	Core Stability	Scc	Studio 2	
18:15 - 19:00	Group Cycling	Hec	Spin Studio	

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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