DAVID LLOYD - CAMBRIDGE - 01223 401200

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Keiser Cycling & Abs	Hec	Cycle Studio	
09.35 - 10.25	Legs, Bums & Tums	Scc	Studio 1	*
10.35 - 11.05	Core Ball	Scc	Studio 2	*
10.35 - 11.25	Body Balance	Hol	Studio 1	*
11.45 - 12.30	Aqua	Scc	Indoor Pool	
18.00 - 19.00	Ski Fit	Otc	Stretch Room	C
18.00 - 19.00	Yoga	Hol	Studio 2	
18.15 - 19.00	Body Pump	Scc	Studio 1	
18.30 - 19.00	Family Cycle	Hec	Cycle Studio	*
19.00 - 20.00	Keiser Cycling Advanced	Hec	Cycle Studio	A
19.00 - 20.00	Body Attack	Hec	Studio 1	
19.30 - 20.30	Lose & Shape Up	Otc	Board Room	* £ C
20.00 - 21.00	Body Balance	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Keiser Cycling & Abs	Hec	Cycle Studio	
09.15 - 10.15	Lose & Shape Up	Otc	Board Room	£ C
09.35 - 10.25	Pilates Beginners	Hol	Stretch Room	*
09.35 - 10.25	Body Combat	Hec	Studio 1	*
10.35 - 11.25	Body Pump	Scc	Studio 1	*
10.35 - 11.25	Keiser Cycling	Hec	Cycle Studio	*
10.35 - 11.25	Pilates Intermediate	Hol	Stretch Room	*
11.45 - 12.30	Mature Movers	Scc	Gym Floor	S
12.00 - 12.30	Group Exercise Welcome	Otc	Reception	
18.00 - 19.00	Back Care Fit	Otc	Stretch Room	* C
18.15 - 19.00	Body Attack	Hec	Studio 1	*
18.15 - 19.00	Keiser Cycling	Hec	Cycle Studio	*
19.00 - 20.00	Body Pump	Scc	Studio 1	*
20.00 - 21.00	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Circuits	Hec	Studio 1	
09.30 - 10.30	Pilates	Hol	Stretch Room	*£ C
10.00 - 11.00	Body Pump	Scc	Studio 1	*
11.00 - 12.00	Body Vive	Scc	Studio 1	*
11.00 - 12.00	Keiser Cycling	Hec	Studio 1	*
18.00 - 19.00	Golf Fit	Otc	Stretch Room	C
18.00 - 19.00	Body Combat	Hec	Studio 1	
18.30 - 19.30	Swimming Club	Otc	Indoor Pool	
19.00 - 19.45	Keiser Cycling	Hec	Cycle Studio	
19.00 - 20.00	Legs, Bums & Tums	Scc	Studio 1	
19.30 - 20.30	Dance with David Lloyd	Dan	Studio 2	£ C
20.00 - 21.00	Kick Boxing	Hec	Studio 1	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Circuits	Hec	Studio 1	
10.00 - 11.00	Body Pump	Scc	Studio 1	
11.00 - 11.45	Keiser Cycling	Hec	Cycle Studio	*
11.00 - 12.00	Yoga	Hol	Studio 1	*
11.00 - 12.00	Lose & Shape Up	Otc	Studio 2	£ C
11.00 - 12.00	Tennis Fit	Otc	Stretch Room	C
12.15 - 13.15	Body Vive	Scc	Studio 1	
18.00 - 19.00	Run Fit	Otc	Stretch Room	C
18.00 - 19.00	Body Pump	Scc	Studio 1	
18.30 - 19.30	Swim Fit	Otc	Gym Floor	C
18.45 - 19.00	Introduction to Keiser Cycling	Hec	Cycle Studio	
19.00 - 19.45	Keiser Cycling	Hec	Cycle Studio	
19.00 - 20.00	Body Attack	Hec	Studio 1	
19.30 - 20.30	Lose & Shape Up	Otc	Studio 2	£ C
20.00 - 21.00	Yoga	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 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.30	Keiser Cycling	Hec	Cycle Studio	
09.35 - 10.25	Body Attack	Hec	Studio 1	*
10.35 - 11.25	Legs, Bums & Tums	Scc	Studio 1	*
10.35 - 11.25	Pilates Advanced	Hol	Studio 2	* A
11.45 - 12.30	Aqua	Scc	Indoor Pool	*
18.15 - 19.15	Dance Fit	Dan	Studio 1	* C

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00 - 10.00	Skip Fit	Otc	Studio 1	
10.00 - 10.45	Keiser Cycling	Hec	Cycle Studio	*
10.00 - 11.00	Aerobics	Hec	Studio 1	*
11.00 - 11.30	Family Cycle	Hec	Cycle Studio	*
11.00 - 12.00	Pilates Fitness	Hol	Studio 1	
18.00 - 19.00	Body Combat	Hec	Studio 1	*
19.00 - 20.00	Body Balance	Hol	Studio 1	*

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15 - 10.00	Keiser Cycling	Hec	Cycle Studio	*
10.00 - 11.00	Body Pump	Scc	Studio 1	*
10.35 - 11.25	Yoga	Hol	Studio 2	
11.05 - 12.05	Body Combat	Hec	Studio 1	*
12.15 - 13.00	Boxing 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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