DAVID LLOYD LEISURE - CAMBRIDGE - 01223 401200

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump	Scc	Studio 1	
09:35 - 10:20	Legs, Bums & Tums	Scc	Studio 1	
10:00 - 10:30	Core Stability	Scc	Studio 2	
10:35 - 11:05	Power Plate Taster	Otc	Gym	
10:35 - 11:35	Body Balance	Hol	Studio 1	
10:35 - 11:35	Pre & Post Natal	Otc	Studio 2	
11:45 - 12:30	Aqua	Scc	Ind Pool	
16:15 - 16:45	Abs & Back	Scc	Gym Desk	
17:30 - 18:15	Zumba	Dan	Studio 1	
18:00 - 19:00	Yoga	Hol	Studio 2	
18:15 - 19:00	Body Pump	Scc	Studio 1	
19:00 - 20:00	Body Attack	Hec	Studio 1	
19:00 - 20:00	Lose & Shape Up	Otc		£
19:00 - 20:00	Zone Cycling	Hec	Cycling Studio	
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 - 10:15	Body Pump	Scc	Studio 1	
10:15 - 11:00	Body Vive	Scc	Studio 1	
11:00 - 11:45	Ballet Fusion	Dan	Studio 1	
11:05 - 11:50	Zone Cycling	Hec	Cycle Studio	
16:15 - 17:00	ViPR Taster	Otc	Gym Desk	
18:00 - 19:00	Body Combat	Hec	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Step	Hec	Studio 1	
19:15 - 20:00	Pilates Fitness	Hol	Studio 2	
20:00 - 20:45	Boxercise	Hec	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling & Abs	Otc	Cycling Studio	
09:30 - 10:30	Pilates Beginners	Hol	Studio 2	
09:35 - 10:35	Body Combat	Hec	Studio 1	
10:35 - 11:20	Group Cycling	Hec	Cycle Studio	
10:35 - 11:35	Pilates Intermediate	Hol	Studio 2	
10:35 - 11:35	Zumba	Dan	Studio 1	
11:45 - 12:30	Mature Movers	Otc	Gym	
16:15 - 16:45	TRX Taster	Otc	Gym Desk	
17:30 - 18:00	Core Stability	Scc	Studio 2	
18:14 - 19:15	Yoga Beginners	Hol	Studio 2	
18:15 - 19:00	Body Attack	Hec	Studio 1	
18:15 - 19:00	Group Cycling Advanced	Otc	Cycling Studio	
19:00 - 20:00	Body Pump	Scc	Studio 1	
19:15 - 20:00	Pilates Fitness	Hol	Studio 2	
20:00 - 21:00	Body Balance	Hol	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	
10:15 - 11:00	Dynamic Yoga	Hol	Studio 2	
10:30 - 11:00	TRX Taster	Otc	Gym Desk	
11:00 - 11:45	Group Cycling	Hec	Cycle Studio	
11:05 - 12:05	Aerobics	Hec	Studio 1	
11:05 - 12:05	Yoga	Hol	Studio 2	
12:15 - 13:00	Body Vive	Scc	Studio 1	
18:00 - 18:30	Power Plate Taster	Otc	Gym Desk	
18:00 - 19:00	Body Pump	Scc	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 19:45	JUKARI Fit to Flex	Otc	Studio 2	
19:00 - 20:00	Body Combat	Hec	Studio 1	
20:00 - 21:00	Legs, Bums & Tums	Scc	Studio 1	
20:00 - 21:00	Yoga Intermediate	Hol	Studio 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 JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:35 - 10:20	JUKARI Fit to Flex	Otc	Studio 2	
10:35 - 11:20	Legs, Bums & Tums	Scc	Studio 2	
10:35 - 11:35	Pilates	Hol	Studio 1	
11:45 - 12:30	Aqua	Scc	Ind Pool	
17:05 - 17:50	Circuits	Hec	Studio 1	
18:00 - 19:00	Zumba	Dan	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Body Combat	Hec	Studio 1	
09:15 - 10:00	Group Cycling	Hec	Cycle Studio	
10:00 - 11:00	Body Pump	Scc	Studio 1	
10:15 - 11:15	Yoga	Hol	Studio 2	
11:15 - 12:15	Zumba	Dan	Studio 1	
12:15 - 13:00	Boxercise	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	Circuits	Hec	Studio 1	
09:00 - 09:45	Circuits	Hec	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:00 - 11:00	Aerobics	Hec	Studio 1	
11:05 - 12:05	Pilates Fitness	Hol	Studio 1	
18:00 - 19:00	Body Combat	Hec	Studio 1	
19:00 - 20:00	Body Balance	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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