DAVID LLOYD - CHESHIRE OAKS - 0151 355 9050

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0915-1000	Circuits	Hec	S1	
0930-1000	Belly Dancing	Dan	S3	
1000-1100	Body Combat	Hec	S1	
1000-1100	Row Fit	Otc	Gym	
1000-1100	Belly Dancing	Dan	S3	
1030-1100	Easyline Gym Class	Scc	Gym	
1115-1215	Pilates	Hol	S1	
1315-1345	Group Exercise Welcome	Otc	Conference Room	
1800-1845	Step	Hec	S1	*
1800-1900	Circuits	Hec	Multi Sports Hall	*
1800-1900	Ju-Jitsu	Hec	S3	*
1815-1915	Pilates	Hol	S3	
1830-1930	Lose & Shape Up	Otc	Conference Room	
1845-1930	Body Balance	Hol	S1	
1900-2000	Group Cycling	Hec	S2	
1930-2000	Aerobics Express	Hec	S1	
2000-2030	Swiss Ball	Scc	S1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0915-1000	Body Balance	Hol	S3	
0945-1045	Step	Hec	S1	
1000-1045	Body Conditioning	Scc	S3	
1000-1045	Aqua	Scc	Pool	
1000-1100	Group Cycling	Hec	S2	
1100-1200	Body Pump	Scc	S1	
1100-1215	Yoga	Hol	S3	
1800-1900	Group Cycling	Hec	S2	*
1800-1900	Swiss Ball	Scc	S3	*
1800-1900	Body Combat	Hec	S1	*
1900-2000	Row Fit	Otc	Gym	
1900-2000	Pilates	Hol	S3	
1900-2000	Boxercise	Hec	S1	
1915-2000	Aqua	Scc	Pool	
2000-2045	Ballroom and Latin Dancing	Dan	S1	
2045-2145	Ballroom and Latin Dancing	Dan	S1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1015	Aerobics	Hec	S1	
1000-1100	Group Cycling	Hec	S2	
1000-1100	Pilates	Hol	S3	
1015-1045	Step	Hec	S1	
1045-1130	Body Jam	Dan	S1	
1730-1815	Aerobics	Hec	S2	*
1800-1900	Tai Chi	Hol	S3	*
1815-1845	Group Exercise Welcome	Otc	Conference Room	*
1830-1930	Body Pump	Scc	S1	
1900-2000	Group Cycling	Hec	S2	
1900-2015	Yoga	Hol	S3	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1115	Yoga	Hol	S3	
1000-1100	Circuits	Hec	S1	
1100-1200	Body Combat	Hec	S1	
1330-1415	Group Cycling	Hec	S2	
1800-1900	Body Jam	Dan	S3	*
1800-1900	Circuits	Hec	Multi Sports Hall	*
1800-1900	Body Pump	Scc	S1	*
1900-2000	Body Combat	Hec	S1	
1900-2000	Group Cycling	Hec	S2	
1900-2000	Lose & Shape Up	Otc	Gym	
2000-2100	Tai Chi	Hol	S3	

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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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0915-1015	Boxercise	Hec	S1	
0930-1015	Body Balance	Hol	S3	
1000-1100	Senior Conditioning	Scc	Multi Sports Hall	
1000-1100	Group Cycling	Hec	S3	
1015-1100	Pilates on the Ball	Hol	S3	
1030-1115	Body Pump	Scc	S1	
1100-1130	Easyline Gym Class	Scc	Gym	
1130-1200	Stretch & Tone	Scc	S1	
1715-1815	Running Fit Beginners	Otc	Outside	*
1800-1900	Step	Hec	S1	*
1800-1900	Group Cycling	Hec	S2	*
1800-1900	Ju-Jitsu	Hec	S3	*

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1100	Body Combat	Hec	S1	*
1030-1115	Aqua	Scc	Pool	*
1100-1200	Body Combat	Hec	S1	*
1100-1200	Group Cycling	Hec	S2	*
1100-1200	Circuits	Hec	Gym	*
1700-1800	Conditioning	Scc	S1	
1800-1930	Yoga	Hol	S1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1100	Step	Hec	S1	*
1000-1100	Pilates	Hol	S3	*
1100-1200	Group Cycling	Hec	S2	*
1115-1215	Body Pump	Scc	S1	*
1700-1800	Group Cycling	Hec	S2	

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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