DAVID LLOYD LEISURE - CHESHIRE OAKS - 0151 355 9050

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:55	Body Combat	Hec	Studio 1	
17:00 - 18:00	Martial Arts	Otc		
18:00 - 18:55	Circuits	Hec	Bad Crt E, F, G, H	
18:00 - 19:00	Martial Arts	Otc		
19:00 - 19:55	Group Cycling	Hec	Studio 2	
19:30 - 20:00	Aerobics	Hec	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Pump	Scc	Studio 1	
09:30 - 10:25	Group Cycling	Hec	Studio 2	
10:00 - 11:00	Pilates	Hol	Studio 3	
10:30 - 11:00	Group Cycling	Hec	Studio 2	
10:30 - 11:30	Body Balance	Hol	Studio 1	
17:30 - 18:15	Aerobics	Hec	Studio 1	
18:00 - 18:30	Power Plate Taster	Otc	Gym Area 2	
18:00 - 18:55	Tai Chi	Hol	Studio 3	
18:00 - 19:00	Training Clubs	Otc	Sports H	
18:30 - 19:25	Body Pump	Scc	Studio 1	
19:00 - 19:55	Group Cycling	Hec	Studio 2	
19:00 - 20:30	Yoga	Hol	Studio 3	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:45 - 10:40	Step	Hec	Studio 1	
10:00 - 10:45	Aqua	Scc	Main Pool	
10:00 - 10:55	Group Cycling	Hec	Studio 2	
11:00 - 11:55	Body Pump	Scc	Studio 1	
11:00 - 11:55	Yoga	Hol	Studio 3	
11:00 - 12:30	Yoga	Hol		
18:00 - 18:55	Body Combat	Hec	Studio 1	
18:00 - 18:55	Dance With David Lloyd	Dan	Studio 3	
18:00 - 18:55	Group Cycling	Hec	Studio 2	
19:00 - 19:55	Boxercise	Hec	Studio 1	
19:00 - 19:55	Row Fit	Otc	Gym	
19:00 - 20:00	Pilates	Hol	Studio 3	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:30	Power Plate Taster	Otc	Gym Area 2	
09:30 - 10:25	Tai Chi	Hol	Studio 3	
10:00 - 10:55	Circuits	Hec	Studio 1	
10:30 - 11:00	JUKARI Fit to Flex	Otc	Studio 3	
11:00 - 11:55	Body Combat	Hec	Studio 1	
13:30 - 14:15	Group Cycling	Hec	Studio 2	
18:00 - 18:45	Core Stability	Scc	Studio 3	
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:00 - 18:55	Circuits	Hec	Bad Crt E, F, G, H	
19:00 - 19:55	Body Combat	Hec	Studio 1	
19:00 - 19:55	ViPR Course	Otc		
20:00 - 20:55	Tai Chi	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 JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Boxercise	Hec	Studio 1	
10:00 - 10:55	Senior Club	Otc	Sports H	
10:30 - 11:00	Legs, Bums and Tums	Scc	Studio 1	
11:00 - 11:30	JUKARI Fit to Flex	Otc	Studio 1	
11:15 - 12:00	Aqua	Scc	Main Pool	
11:30 - 12:00	Stretch & Tone	Scc	Studio 1	
17:00 - 18:00	Martial Arts	Otc		
18:00 - 18:55	Group Cycling	Hec	Studio 2	
18:00 - 18:55	Step	Hec	Studio 1	
18:00 - 19:00	Martial Arts	Otc		

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:55	Step	Hec	Studio 1	
10:00 - 11:00	Pilates	Hol	Studio 3	
11:00 - 11:55	Group Cycling	Hec	Studio 2	
11:15 - 12:10	Body Pump	Scc	Studio 1	
17:00 - 17:55	Group Cycling	Hec	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:55	Body Combat	Hec	Studio 1	
10:30 - 11:15	Aqua	Scc	Main Pool	
11:00 - 11:55	Circuits	Hec	Gym Area 1	
11:00 - 11:55	Group Cycling	Hec	Studio 2	
17:00 - 18:00	Zumba	Dan	Studio 1	
18:00 - 19:30	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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