DAVID LLOYD LEISURE - CHESHIRE OAKS - 0151 355 9050

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Circuits	Hec		
10:00 - 10:55	Body Combat	Hec	Studio 1	
10:00 - 10:55	Row Fit	Otc	Gym	
11:15 - 12:15	Pilates	Hol	Studio 1	
17:45 - 18:30	Family Zumba (11yrs +)	Dan		
18:00 - 18:55	Circuits	Hec		
18:00 - 18:55	Martial Arts	Otc		
18:30 - 19:15	Pilates	Hol		
19:00 - 19:55	Group Cycling	Hec		
19:30 - 20:00	Aerobics	Hec	Studio 1	
20:00 - 20:30	Core Stability	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec		
09:30 - 10:25	Body Pump	Scc		
09:30 - 10:25	Zone Cycling	Hec		
10:00 - 11:00	Pilates	Hol	Studio 3	
10:30 - 11:00	Zone Cycling	Hec		
10:30 - 11:25	Body Balance	Hol		
17:45 - 18:15	Aerobics	Hec		
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	
18:30 - 19:30	Triathlon Class	Otc		
19:00 - 19:55	Group Cycling	Hec		
19:00 - 20:30	Yoga	Hol	Studio 3	

WEDNESDAY

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

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Gym Area 1	
09:30 - 10:25	Tai Chi	Hol	Studio 3	
10:00 - 10:55	Circuits	Hec	Studio 1	
11:00 - 11:55	Body Combat	Hec	Studio 1	
12:00 - 12:30	ViPR Tennis	Otc		
13:30 - 14:15	Group Cycling	Hec		
18:00 - 18:45	Body Conditioning	Scc		
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:00 - 18:55	Circuits	Hec	Bad Crt E, F, G, H	
19:00 - 19:45	Body Balance	Hol		
19:00 - 19:55	Body Combat	Hec	Studio 1	
20:00 - 20:55	Tai Chi	Hol		

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
09:30 - 10:15	Zone Cycling	Hec		
09:30 - 10:25	Boxercise	Hec		
10:00 - 10:55	Senior Club	Otc	Sports H	
10:30 - 11:25	Body Balance	Hol		
11:00 - 11:30	Easyline Gym Class	Otc		
11:15 - 12:00	Aqua	Scc	Main Pool	
11:30 - 12:15	Pilates	Hol		
17:30 - 18:15	Step	Hec		
18:00 - 18:55	Group Cycling	Hec		
18:00 - 18:55	Martial Arts	Otc		
18:15 - 19:15	Zumba	Dan		

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Circuits	Hec		
10:00 - 10:55	Step	Hec	Studio 1	
10:00 - 11:00	Pilates	Hol	Studio 3	
10:00 - 11:00	Triathlon Class	Otc	Gym Area 1	
11:00 - 11:55	Group Cycling	Hec		
11:15 - 12:10	Body Pump	Scc	Studio 1	
17:00 - 17:55	Group Cycling	Hec		

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	Body Combat	Hec	Studio 1	
11:00 - 11:55	Group Cycling	Hec		
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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