DAVID LLOYD LEISURE - CHIGWELL - 0208 559 8466

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Cycling Studio	
09:30 - 10:25	Salsa Aerobics	Dan	Studio 1	
09:30 - 10:25	Senior Conditioning	Scc	Studio 2	
10:30 - 11:15	JUKARI Fit to Flex	Otc	Studio 2	
10:30 - 11:15	RPM	Hec	Cycling Studio	
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:30 - 12:25	Pilates	Hol	Studio 2	
12:00 - 12:45	ViPR Taster	Otc		
18:30 - 19:15	Body Conditioning	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:15	Total Body Workout	Hec	Studio 1	
09:30 - 10:25	Stomp FX	Hec	Studio 2	
10:30 - 11:15	RPM	Hec	Studio 3	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:30 - 11:25	Boxercise	Hec	Studio 2	
11:00 - 11:45	Aqua	Scc	Ind Pool	
11:30 - 12:25	Yoga	Hol	Studio 2	
11:30 - 12:30	Lose & Shape Up Seminar	Otc		
11:45 - 12:40	Group Exercise Welcome	Otc	Club Rm	
17:30 - 18:25	Pilates	Hol	Studio 2	
18:45 - 19:30	Stomp FX	Hec	Studio 1	
19:00 - 19:55	Boxercise	Hec	Studio 2	
19:30 - 20:15	ViPR Taster	Otc		
19:30 - 20:25	Body Pump	Scc	Studio 1	
19:30 - 20:25	RPM	Hec	Cycle Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Studio 3	
09:30 - 10:25	Circuits	Hec	Studio 1	
10:30 - 11:15	Abs & Stretch	Scc	Studio 1	
10:30 - 11:15	RPM	Hec	Cycle Studio	
11:00 - 11:55	Senior Conditioning	Scc	Studio 2	
11:30 - 12:15	Power Plate	Scc	Gym	
12:00 - 12:55	Pilates	Hol	Studio 2	
12:00 - 12:55	YogaMoves	Hol	Studio 1	
18:00 - 18:55	Body Combat	Hec	Studio 1	
19:00 - 19:55	Aerobics	Hec	Studio 1	
19:15 - 20:00	Group Cycling	Hec	Cycle Studio	
19:45 - 20:30	Pilates	Hol	Studio 2	
19:45 - 20:40	Group Exercise Welcome	Otc	Club Rm	
20:00 - 20:45	Aqua	Scc	Ind Pool	
20:00 - 20:45	JUKARI Fit to Flex	Otc	Studio 1	
20:30 - 21:25	Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	RPM	Hec	Studio 3	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Body Conditioning	Scc	Studio 1	
10:30 - 11:15	RPM	Hec	Cycle Studio	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:30 - 11:25	Stretch & Tone	Scc	Studio 2	
11:30 - 12:25	Yoga	Hol	Studio 2	
18:30 - 19:25	Body Pump	Scc	Studio 1	
19:00 - 19:55	Pilates	Hol	Studio 2	
19:00 - 20:00	Lose & Shape Up Seminar	Otc		
19:30 - 20:15	RPM	Hec	Cycle Studio	
19:30 - 20:15	Stomp FX	Hec	Studio 1	
20:00 - 20:55	Boxercise	Hec	Studio 2	
20:30 - 21:15	Power Plate	Scc	Gym	

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 - 10:15	RPM	Hec	Cycling Studio	
09:30 - 10:25	Blast FX	Scc	Studio 1	
09:30 - 10:25	Senior Conditioning	Scc	Studio 2	
10:30 - 11:25	Circuits	Hec	Studio 1	
11:30 - 12:25	Aqua	Scc	Ind Pool	
11:30 - 12:45	Yoga	Hol	Studio 2	
13:00 - 13:55	Pilates	Hol	Studio 2	
19:00 - 20:15	Circuits	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:15	RPM	Hec	Studio 3	
09:30 - 10:15	RPM	Hec	Cycle Studio	
09:30 - 10:25	Body Conditioning	Scc	Studio 1	
10:30 - 11:15	RPM	Hec	Cycle Studio	
10:30 - 11:25	Salsa Aerobics	Dan	Studio 1	
11:30 - 12:25	Body Pump	Scc	Studio 1	
11:30 - 12:25	Pilates	Hol	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:45 - 10:30	Group Cycling	Hec	Cycle Studio	
09:45 - 10:40	Circuits	Hec	Studio 1	
10:45 - 11:30	RPM	Hec	Cycle Studio	
10:45 - 11:40	Blast FX	Scc	Studio 1	
11:45 - 12:40	Yoga	Hol	Studio 2	

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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