DAVID LLOYD - CHORLEY - 01257 235100

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Body Pump	Scc	Studio	
10.00-10.45	Aqua	Scc	Pool	
10.30-11.30	Keiser Cycling & Abs	Hec	Gym	
11.00-12.00	Pilates	Hol	Studio	
18.00-19.00	Zumba	Dan	Studio	
18.15-19.00	Keiser Cycling	Hec	Gym	
19.15-20.00	Legs, Bums & Tums	Scc	Studio	
20.00-21.00	Hatha Yoga	Hol	Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-10.00	Senior Multi Circuits	Hec	Gym	S
09.30-10.30	Body Conditioning	Scc	Studio	
10.00-10.45	Keiser Cycling	Hec	Gym	
10.00-10.45	Aqua	Scc	Pool	
18.00-19.00	Boxercise	Hec	Studio	
18.15-19.00	Keiser Cycling	Hec	Gym	
19.00-20.00	Legs, Bums & Tums	Scc	Studio	
19.00-20.00	Ski Fit	Otc	Gym	C
20.00-21.00	Body Balance	Hol	Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.00	Power Plate	Scc	Gym	£ C
09.30-10.30	Legs, Bums & Tums	Scc	Studio	
10.30-11.30	Tai Chi	Hol	Studio	
11.30-12.30	Body Vive	Scc	Studio	
17.15-17.45	Group Exercise Welcome	Otc	Gym	
17.45-18.00	Introduction to Body Pump	Scc	Studio	
17.45-18.30	Keiser Cycling	Hec	Gym	
18.00-19.00	Body Pump	Scc	Studio	
18.30-19.00	Power Plate	Scc	Gym	£ C
18.30-19.15	Keiser Cycling	Hec	Gym	
19.00-20.00	Body Combat	Hec	Studio	
19.00-19.45	Aqua	Scc	Pool	
19.00-20.00	Lose & Shape Up	Otc	Gym	£ C
20.00-21.00	Body Balance	Hol	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Body Pump	Scc	Studio	
10.00-10.45	Aqua	Scc	Pool	
10.30-11.00	Group Exercise Welcome	Otc	Gym	
11.00-12.00	Pilates	Hol	Studio	
18.00-19.00	Body Pump	Scc	Studio	
18.15-19.00	Keiser Cycling	Hec	Gym	
18.30-19.00	Power Plate	Scc	Gym	£ C
19.00-20.00	Body Combat	Hec	Studio	
19.00-20.00	Lose & Shape Up	Otc	Gym	£ C
20.00-21.00	Pilates	Hol	Studio	

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 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Body Balance	Hol	Studio	
10.00-10.45	Aqua	Scc	Pool	
10.00-11.00	Keiser Cycling & Abs	Hec	Gym	
10.30-11.15	Body Step	Hec	Studio	
11.15-12.00	Body Vive	Scc	Studio	
17.30-18.15	Family Cycle	Hec	Gym	
19.00-20.00	Dance with David Lloyd	Dan	Studio	£ C

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Keiser Cycling & Abs	Hec	Gym	
10.00-11.00	Body Step	Hec	Studio	
11.00-12.00	Body Pump	Scc	Studio	
12.00-13.00	Hatha Yoga	Hol	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Body Pump	Scc	Studio	
10.00-10.45	Keiser Cycling	Hec	Gym	
10.30-11.30	Body Combat	Hec	Studio	
11.30-12.30	Body Conditioning	Scc	Studio	

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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