DAVID LLOYD LEISURE - CHORLEY - 01257 235100

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	ViPR Taster	Otc	Gym	
09:30 - 10:30	Body Pump	Scc	Studio	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:30 - 11:30	Group Cycling	Hec	Cycle Studio	
11:00 - 12:00	Pilates	Hol	Studio 1	
17:00 - 18:00	Street Dance	Dan		
18:00 - 19:00	Zumba	Dan	Studio	
18:15 - 19:15	Group Cycling	Hec	Cycle Studio	
19:15 - 20:00	JUKARI Fit to Flex	Otc	Studio 1	
20:00 - 21:00	Yoga	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Power Plate Taster	Otc		
09:30 - 10:30	Legs, Bums & Tums	Scc	Studio 1	
10:30 - 11:30	Tai Chi	Hol	Studio	
11:30 - 12:30	Body Vive	Scc	Studio	
16:30 - 17:15	Body Conditioning	Scc	Studio 1	
17:45 - 18:30	ViPR Taster	Otc		
18:00 - 19:00	Body Pump	Scc	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
19:00 - 19:45	Aqua	Scc	Ind Pool	
19:00 - 20:00	Body Combat	Hec	Studio 1	
20:00 - 21:00	Body Balance	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Multi Circuits	Hec	Studio 1	
09:30 - 10:30	Body Conditioning	Scc	Studio	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:30 - 11:15	Zumba	Dan	Studio 1	
11:15 - 12:15	Body Balance	Hol	Studio 1	
18:00 - 18:55	Step	Hec	Studio 1	
19:00 - 19:45	Power Plate Taster	Otc		
19:00 - 20:00	Legs, Bums & Tums	Scc	Studio 1	
20:00 - 21:00	Dynamic Yoga	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:30 - 11:15	JUKARI Fit to Flex	Otc	Studio 1	
11:15 - 12:15	Pilates	Hol	Studio 1	
11:30 - 12:00	Group Exercise Welcome	Otc	Gym	
18:00 - 19:00	Body Pump	Scc	Studio 1	
18:00 - 19:00	Martial Arts	Otc	Bad Crt 3, 4	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Body Combat	Hec	Studio 1	
20:00 - 21:00	Pilates	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
DAVIDLLOYD.CO.UK

DAVID LLOYD LEISURE - CHORLEY - 01257 235100

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Balance	Hol	Studio 1	
10:00 - 10:45	Aqua	Scc	Pool	
10:00 - 11:00	Group Cycling	Hec	Cycle Studio	
10:30 - 11:15	Body Step	Hec	Studio 1	
11:15 - 12:00	Body Vive	Scc	Studio 1	
16:45 - 17:30	Street Dance	Dan	Studio 1	
17:30 - 18:15	Family Cycle	Hec	Cycle Studio	
18:00 - 19:00	Body Conditioning	Scc	Studio	
19:00 - 20:00	Salsa Dancing	Dan	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:30 - 11:30	Body Combat	Hec	Studio 1	
11:00 - 11:45	Running Club	Otc	Gym Area 1	
11:30 - 12:30	Body Conditioning	Scc	Studio	
13:00 - 13:30	Lose & Shape Up Seminar	Otc	Club Rm	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:00	Body Step	Hec	Studio 1	
10:00 - 11:00	Group Cycling	Hec	Cycle Studio	
11:00 - 12:00	Body Pump	Scc	Studio 1	
12:00 - 13:00	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.

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
DAVIDLLOYD.CO.UK