DAVID LLOYD LEISURE - CHORLEY - 01257 235100

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:00	ViPR Taster	Otc	Gym Area 1	
09:30 - 10:15	Aqua	Scc	Ind Pool	
09:30 - 10:15	Mature Movers	Otc	Gym	
09:30 - 10:30	Body Pump	Scc	Studio	
10:30 - 11:30	Pilates	Hol	Studio 1	
18:00 - 19:00	Zumba	Dan	Studio	
18:15 - 19:15	Group Cycling	Hec	Cycle Studio	
19:00 - 19:45	Power Plate Taster	Otc		
19:00 - 20:00	Yoga	Hol	Studio 1	
20:00 - 20:30	Power Plate Course	Otc	Gym Area 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:30	Legs, Bums & Tums	Scc	Studio	
10:30 - 11:30	Tai Chi	Hol	Studio	
11:30 - 12:15	Body Vive	Scc	Studio	
17:15 - 18:00	Body Step	Hec	Studio	
17:45 - 18:30	ViPR Taster	Otc		
18:00 - 19:00	Body Pump	Scc	Studio 1	
18:00 - 19:00	Lose & Shape Up Follow On	Otc		£
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
07:00 - 07:45	Multi Circuits	Hec	Studio 1	
09:15 - 10:00	Mature Movers	Otc	Gym	
09:30 - 10:15	Aqua	Scc	Ind Pool	
09:30 - 10:30	Body Conditioning	Scc	Studio	
10:30 - 11:15	Zumba	Dan	Studio 1	
17:30 - 18:15	Zumba	Dan	Studio	
18:00 - 19:00	Triathlon Bike/Run	Otc		
18:15 - 19:00	Body Step	Hec	Studio	
19:00 - 19:45	Power Plate Taster	Otc		
19:00 - 20:00	Body Balance	Hol	Studio	
20:00 - 21:00	Dynamic Yoga	Hol	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:00 - 10:45	Triathlon Run	Otc	Gym	
10:30 - 11:30	Pilates	Hol	Studio 1	
18:00 - 18:30	ViPR Taster	Otc	Gym Area 1	
18:00 - 19:00	Body Pump	Scc	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
19:00 - 19:45	Triathlon Run	Otc	Gym	
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

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:00	Power Plate Course	Otc	Gym Area 1	
09:30 - 10:30	Body Balance	Hol	Studio 1	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:00 - 11:00	Group Cycling	Hec	Cycle Studio	
10:30 - 11:30	Zumba	Dan	Studio	
11:30 - 12:15	Body Vive	Scc	Studio	
17:15 - 18:00	Family Cycle	Hec	Cycle Studio	
18:15 - 19:00	Zumba	Dan	Studio	
19:00 - 20:00	Circuits	Hec	Studio	

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 - 12:00	Triathlon Bike/Run	Otc		
11:30 - 12:30	Body Conditioning	Scc	Studio	
15:00 - 16:00	Circuits	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 09:30	Triathlon Bike/Run/Swim	Otc	Gym	
10:00 - 11:00	Cardio Conditioning	Hec	Studio	
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.

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