DAVID LLOYD - Dartford 01322-295-950

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35-10.15	Core Ball	Scc	Gym	*
09.35-10.30	Cardio Conditioning	Hec	Studio	*
10.35-11.30	Body Balance	Hol	Studio	*
10.35-11.20	Keiser Cycling	Hec	Gym	*
10.45-11.30	Aqua	Scc	Poolside	S/*
11.35-12.30	Aerotone	Scc	Studio	
18.00-18.30	Core Ball	Scc	Studio	*
18.00-18.45	Keiser Cycling	Hec	Gym	
18.30-19.30	Step	Hec	Studio	A/*
19.00-20.00	Ballroom Dancing	Dan	Function room	£
19.30-20.30	Keiser Cycling Advanced	Hec	Gym	A/*
19.30-20.30	Body Attack	Hec	Studio	
20.00-21.45	Karate	Hec	Creche	£
20.00-21.00	Ballroom Dancing	Dan	Function room	£
20.30-21.45	Yoga Intermediate	Hol	Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35-10.15	Core Ball	Scc	Gym	*
09.35-10.30	Body Combat	Hec	Studio	*
09.35-10.15	Aqua	Scc	Poolside	S/*
10.30-11.15	Circuits	Hec	Gym	*
10.35-11.30	Body Pump	Scc	Studio	*
11.35-12.30	Yoga	Hol	Studio	
18.30-19.30	Yoga Beginners	Hol	Studio	S
19.00-20.00	Body Balance	Hol	Creche	
19.30-20.30	Boxing Fit	Otc	Studio	
19.30-20.30	Keiser Cycling	Hec	Gym	A

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.35-09.30	Pilates	Hol	Studio	
09.35-10.30	Step	Hec	Studio	*
10.35-11.30	Salsa Aerobics	Dan	Studio	*
18.00-19.00	Body Pump	Scc	Studio	*
18.15-19.00	Beginners Group Cycling	Hec	Gym	*
19.00-20.00	Legs, Bums & Tums	Scc	Studio	*
19.00-20.00	Running Club	Otc	Outside	*
19.00-20.00	Yoga	Hol	Funtion Room	
19.15-20.00	Keiser Cycling	Hec	Gym	A
19.30-20.15	Aqua	Scc	Poolside	
20.15-21.15	Circuits	Hec	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Circuits	Hec	Studio	
09.35-10.30	Aerotone	Scc	Studio	*
09.35-10.30	Tai Boxing	Hec	Gym	*/£
10.35-11.30	Body Balance	Hol	Studio	
11.35-12.30	Legs, Bums & Tums	Scc	Studio	
18.30-19.30	Lose & Shape Up	Otc	Board Room	C/£
18.30-19.30	Body Pump	Scc	Studio	
19.00-20.00	Walk Fit	Otc		
19.30-20.30	Body Attack	Hec	Gym	
19.30-20.15	Keiser Cycling	Hec	Gym	
20.30-21.30	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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK

DAVID LLOYD - Dartford 01322 295 950

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Core Ball	Scc	Gym	*
09.35-10.15	Aqua	Scc	Poolside	S/*
09.35-10.30	Aerobics	Hec	Studio	*
10.35-11.15	Keiser Cycling	Hec	Gym	*
10.35-11.30	Body Pump	Scc	Studio	*
17.00-18.00	Karate	Hec	Studio	*

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Body Combat	Hec	Studio	
10.15-11.00	Keiser Cycling	Hec	Gym	
10.35-11.30	Body Pump	Scc	Studio	
11.35-12.30	Body Balance	Hol	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.15-09.15	Circuits	Hec	Studio	
09.35-10.20	Keiser Cycling	Hec	Gym	*
09.35-10.30	Legs, Bums & Tums	Scc	Studio	*
10.35-11.20	Keiser Cycling	Hec	Gym	A/*
10.35-11.30	Aerobics	Hec	Studio	*
11.35-12.30	Body Pump	Scc	Studio	*
12.45-14.45	Family Karate	Hec	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.

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