DAVID LLOYD - Derby - 01332 821301

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	RPM Express	Hec	Studio 3	
07.00-07.45	Circuits	Hec	Studio 1	
09.30-10.15	Swim Fit	Otc	Pool	£
10.00-10.55	Legs, Bums & Tums	Scc	Studio 2	
10.00-10.55	Circuits	Hec	Studio 1	
10.15-11.15	Swim Fit	Otc	Pool	£A
11.00-11.45	Senior Conditioning	Scc	Studio 2	S
11.00-11.55	Cardio Conditioning	Hec	Studio 1	A
11.50-12.35	Aqua	Scc	Pool	
12.30-13.15	Body Pump Express	Scc	Studio 1	
13.30-14.25	Pilates	Hol	Studio 2	
17.30-18.00	Group Exercise Welcome	Otc	Club Room	*
17.30-18.00	Abs & Back	Scc	Studio 2	*
17.45-18.40	Body Step	Hec	Studio 1	*
18.00-18.45	RPM Express	Hec	Studio 3	*
18.50-19.00	Introduction to Body Pump	Scc	Studio 1	*
19.00-19.55	Body Pump	Scc	Studio 1	*
19.00-19.55	Body Balance	Hol	Studio 2	*
20.00-20.55	Pilates	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling Express	Hec	Studio 3	
09.30-10.15	Body Step Express	Hec	Studio 1	
10.00-10.45	Conditioning	Scc	Studio 2	A*
10.15-11.00	Legs, Bums & Tums	Scc	Studio 1	*
10.45-11.30	Body Balance Express	Hol	Studio 2	*
11.00-11.55	Body Vive	Scc	Studio 1	
11.30-13.00	Hatha Yoga	Hol	Studio 2	
12.00-12.25	Senior Conditioning	Scc	Lower Gym	S
17.45-18.40	Body Pump	Scc	Studio 1	*
18.00-18.55	Boxercise	Hec	Studio 2	*
18.00-18.45	Group Cycling	Hec	Studio 3	*
18.45-19.30	Aqua	Scc	Pool	*
19.00-19.55	Body Combat	Hec	Studio 1	*
20.00-20.55	Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	RPM Express	Hec	Studio 3	
09.30-10.25	Body Pump	Scc	Studio 1	
10.00-10.30	Group Exercise Welcome	Otc	Club Room	
10.30-11.25	Aerobics	Hec	Studio 1	A
10.30-11.25	Yoga	Hol	Studio 2	
11.30-12.15	Aqua	Scc	Pool	
12.30-13.15	Multi Circuits	Hec	Studio 1	
17.30-18.00	Abs & Back	Scc	Studio 2	*
18.00-18.55	Body Attack	Hec	Studio 1	*
18.05-19.00	Group Cycling	Hec	Studio 3	*
19.00-19.55	Body Jam	Dan	Studio 2	*
19.05-20.00	Hour of Power	Hec	Studio 1	*
19.30-20.15	Swim Fit	Otc	Pool	£
19.30-20.30	Swim Fit	Otc	Pool	£A
20.00-20.55	Pilates	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.45	Body Balance	Hol	Studio 2	
09.30-10.25	Circuits	Hec	Studio 2	
09.30-10.25	Body Pump	Scc	Studio 1	
10.30-11.15	Body Attack Express	Hec	Studio 1	*
11.30-12.15	Senior Multi Circuits	Hec	Studio 1	S
13.30-14.25	Pilates	Hol	Studio 2	
18.00-18.55	Body Combat	Hec	Studio 2	*
18.00-18.55	Circuits	Hec	Studio 1	*
18.00-18.55	RPM	Hec	Studio 3	*
19.00-19.55	Body Pump	Scc	Studio 1	*
19.05-20.00	Body Balance	Hol	Studio 2	*
21.00-21.55	Boxercise	Hec	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
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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	RPM Express	Hec	Studio 3	
09.00-09.30	Group Cycling	Hec	Studio 3	
09.30-10.00	Abs & Back	Scc	Studio 2	
09.30-10.25	Boxing Fit	Otc	DL Kids Studio	£ C
09.30-10.25	Body Pump	Scc	Studio 1	
10.30-11.15	Body Vive Express	Scc	Studio 1	
10.35-11.30	Body Balance	Hol	Studio 2	
11.30-12.25	Aqua	Scc	Pool	
13.00-14.30	Hatha Yoga	Hol	Studio 2	
17.30-17.55	Abs & Back	Scc	Studio 1	*
18.00-18.55	Body Attack	Hec	Studio 1	*

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-10.55	Boxercise	Hec	Studio 2	*
10.00-10.55	Body Attack	Hec	Studio 1	*
11.15-12.10	Body Pump	Scc	Studio 1	*
18.00-18.55	Body Balance	Hol	Studio 2	*

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-10.55	Circuits	Hec	Studio 1	*
10.00-10.55	Group Cycling	Hec	Studio 3	*
10.55-11.15	Introduction to Body Jam	Dan	Studio 2	*
11.15-12.10	Body Jam	Dan	Studio 2	*
11.15-12.10	Body Pump	Scc	Studio 1	*
12.30-13.25	Body Combat	Hec	Studio 1	
12.30-13.25	Body Balance	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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