DAVID LLOYD - DUDLEY - 01384 344044

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645 - 0745	BodyPump	Scc	Studio	
0930 - 1030	Total Body Workout	Hec	Studio	
1000 - 1045	Aqua	Scc	Indoor Pool	
1030 - 1115	Keiser Cycling	Hec	Cycle Area	
1030 - 1130	Yoga Moves	Hol	Studio	
1130 - 1200	Gym Floor Session	Otc	Gym Desk	
1730 - 1800	Kettle Bell	Scc	Gym Desk	
1800 - 1845	RPM	Hec	Cycle Area	
1800 - 1900	BodyJam	Dan	Studio	
1900 - 1945	Group Cycling	Hec	Cycle Area	
1900 - 1945	Back Care Fit	Otc	DL Kids Studio	
1900 - 2000	BodyPump	Scc	Studio	
1930 - 2030	Lose & Shape Up	Otc	Cinema	
2000 - 2100	BodyCombat	Hec	Studio	
2000 - 2100	Yoga	Hol	Function Room	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700 - 0745	BodyCombat	Hec	Studio	
0930 - 1030	Conditioning	Scc	Studio	
1030 - 1130	Tai Chi	Hol	Studio	
1100 - 1130	Keiser Cycling Express	Hec	Cycle Area	
1130 - 1215	Abs & Stretch	Scc	Studio	
1730 - 1800	Row Fit	Otc	Gym Desk	
1800 - 1845	RPM	Hec	Cycle Area	
1800 - 1900	BodyJam	Dan	Studio	
1845 - 1945	Aqua	Scc	Indoor Pool	
1900 - 1930	Group Exercise Welcome	Otc	Cinema	
1900 - 2000	BodyCombat	Hec	Studio	
1930 - 2030	Lose & Shape Up	Otc	Cinema	
1930 - 2030	Pilates	Hol	DL Kids Area	
2000 - 2030	Kettle Bell	Scc	Gym Desk	
2000 - 2030	Tennis Fit	Otc	Gym Desk	
2000 - 2100	BodyBalance	Hol	Studio	
2015 - 2100	Adult Swim	Otc	Indoor Pool	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700 - 0745	Group Cycling	Hec	Cycle Area	
0930 - 1030	Senior Conditioning	Scc	Studio	
1000 - 1030	Adult Swim	Otc	Indoor Pool	
1030 - 1100	Adult Swim	Otc	Indoor Pool	
1030 - 1130	BodyPump	Scc	Studio	
1030 - 1130	Ladies Gym Floor Session	Otc	Gym Desk	
1130 - 1230	Pilates	Hol	Studio	
1145 - 1230	RPM	Hec	Cycle Area	
1730 - 1800	Training Club - Cross Trainer Fit	Otc	Gym Desk	
1800 - 1900	BodyPump	Scc	Studio	
1900 - 2000	Group Cycling	Hec	Cycle Area	
1900 - 2000	Step	Hec	Studio	
2000 - 2100	Boxercise	Hec	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700 - 0745	BodyPump	Scc	Studio	
0930 - 1015	BodyPump	Scc	Studio	
1015 - 1100	BodyCombat	Hec	Studio	
1100 - 1200	Pilates	Hol	Studio	
1730 - 1800	Row Fit	Otc	Gym Desk	
1800 - 1900	Total Body Workout	Hec	Studio	
1830 - 1900	Kettle Bell	Scc	Gym Desk	
1900 - 1930	Tennis Fit	Otc	Gym Desk	
1900 - 1945	RPM / Group Cycling	Hec	Cycle Area	
1900 - 2000	BodyPump	Scc	Studio	
2000 - 2100	BodyBalance	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
0700 - 0745	RPM	Hec	Cycle Area	
0930 - 1030	Dance Fit	Dan	Studio	
1000 - 1045	Aqua	Scc	Indoor Pool	
1030 - 1130	Circuits	Hec	Studio	
1130 - 1230	Yoga	Hol	Studio	
1730 - 1800	Training Club - Drum Fit	Otc	Studio	
1800 - 1830	Run Fit	Otc	Gym Desk	
1800 - 1845	Group Cycling	Hec	Cycle Area	
1830 - 1845	Abs & Back	Scc	Gym Desk	
1900 - 1930	Kettle Bell	Scc	Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000 - 1100	Boxercise	Hec	Studio	
1100 - 1145	Core Ball	Scc	Studio	
1115 - 1200	Group Cycling	Hec	Cycle Area	
1200 - 1300	BodyJam	Dan	Studio	
1500 - 1545	Back Care Fit	Otc	Studio	
1600 - 1700	BodyPump	Scc	Studio	
1700 - 1800	BodyBalance	Hol	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900 - 0945	RPM	Hec	Cycle Area	
0930 - 1030	BodyPump	Scc	Studio	
0930 - 1030	Pilates	Hol	DL Kids Area	
1030 - 1130	BodyCombat	Hec	Studio	
1100 - 1130	Kettle Bell	Scc	Gym Desk	
1130 - 1230	Body Balance	Hol	Studio	
1130 - 1230	Tai Chi	Hol	DL Kids Area	

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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