DAVID LLOYD LEISURE - DUDLEY - 01384 344044

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:45	Body Pump	Scc	Studio	
09:30 - 10:30	Total Body Workout	Hec	Studio	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:30 - 11:15	Group Cycling	Hec	Spin Area	
11:30 - 12:00	Gym Floor Session	Otc	Gym Desk	
11:30 - 12:30	JUKARI Fit to Flex	Otc	Studio	
17:30 - 18:00	Kettle Bell	Scc	Gym Desk	
18:00 - 18:45	RPM	Hec	Cycling Area	
18:00 - 19:00	Body Jam	Dan	Studio	
19:00 - 19:45	Group Cycling	Hec	Spin Area	
19:00 - 20:00	Body Pump	Scc	Studio	
20:00 - 21:00	Body Combat	Hec	Studio	
20:00 - 21:00	Yoga	Hol	Func Rm	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Area	
09:30 - 10:30	Senior Conditioning	Scc	Studio	
10:30 - 11:00	Gym Floor Session	Otc	Gym Desk	
10:30 - 11:30	Body Pump	Scc	Studio	
11:30 - 12:25	Pilates Advanced	Hol	Studio	
11:45 - 12:30	RPM	Hec	Cycling Area	
12:30 - 13:30	Pilates Beginners	Hol	Studio	
18:00 - 18:45	Group Cycling	Hec	Spin Area	
18:00 - 19:00	Body Pump	Scc	Studio	
19:00 - 20:00	Group Cycling	Hec	Spin Area	
19:00 - 20:00	JUKARI Fit to Flex	Otc	Studio	
20:00 - 21:00	Boxercise	Hec	Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Combat	Hec	Studio	
09:30 - 10:30	Senior Conditioning	Scc	Studio	
10:30 - 11:30	Tai Chi	Hol	Studio	
11:00 - 11:30	Group Cycling	Hec	Spin Area	
11:30 - 12:00	Core Stability	Scc	Studio	
18:00 - 18:45	RPM	Hec	Cycling Area	
18:00 - 19:00	Body Jam	Dan	Studio	
18:45 - 19:30	Aqua	Scc	Ind Pool	
19:00 - 20:00	Body Combat	Hec	Studio	
19:30 - 20:30	Pilates	Hol	DL Kids Area	
20:00 - 20:30	Kettle Bell	Scc	Gym Desk	
20:00 - 21:00	Body Balance	Hol	Studio	
20:00 - 21:00	Lose & Shape Up Course	Otc	Conf Rm	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Pump	Scc	Studio	
09:30 - 10:30	Body Pump	Scc	Studio	
10:30 - 11:30	Body Combat	Hec	Studio	
11:30 - 12:30	Pilates	Hol	Studio	
18:00 - 19:00	Total Body Workout	Hec	Studio	
18:30 - 19:00	Kettle Bell	Scc	Gym Desk	
19:00 - 19:45	RPM	Hec	Cycling Area	
19:00 - 20:00	Body Pump	Scc	Studio	
20:00 - 21:00	Body Balance	Hol	Studio	
20:00 - 21:00	Lose & Shape Up Course	Otc	Conf Rm	

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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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Cycling Area	
09:30 - 10:25	Salsa Aerobics	Dan	Studio	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:30 - 11:25	Circuits	Hec	Studio	
11:30 - 12:30	Yoga	Hol	Studio	
17:30 - 18:00	Training Clubs	Otc	Studio	
18:00 - 18:45	Group Cycling	Hec	Spin Area	
18:15 - 19:00	Multi Circuits	Hec	Studio 1	
18:30 - 19:00	Core Stability	Scc	Studio	
19:00 - 19:30	Group Cycling	Hec	Spin Area	
19:00 - 19:30	Kettle Bell	Scc	Gym Desk	
19:00 - 19:45	Body Combat	Hec	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Pilates Beginners	Hol	DL Kids Area	
09:00 - 09:45	RPM	Hec	Cycling Area	
09:30 - 10:25	Pilates Advanced	Hol	DL Kids Area	
09:30 - 10:30	Body Pump	Scc	Studio	
10:30 - 11:30	Body Combat	Hec	Studio	
11:00 - 11:30	Kettle Bell	Scc	Gym Desk	
11:30 - 12:30	Body Balance	Hol	Studio	
11:30 - 12:30	Tai Chi	Hol	DL Kids Area	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:00	Boxing Circuit	Otc	Studio	
11:15 - 12:00	Group Cycling	Hec	Spin Area	
11:15 - 12:15	JUKARI Fit to Flex	Otc	Studio	
12:30 - 13:30	Body Jam	Dan	Studio	
16:00 - 17:00	Body Pump	Scc	Studio	
17:00 - 18:00	Body Balance	Hol	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.

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