DAVID LLOYD LEISURE - DUDLEY - 01384 344044

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Total Body Workout	Hec		
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:30 - 11:15	Group Cycling	Hec	Spin Area	
10:30 - 11:30	YogaMoves	Hol	Studio	
12:00 - 13:00	Body Balance	Hol	Studio	
18:00 - 18:45	Group Cycling	Hec	Spin Area	
18:00 - 19:00	Zumba	Dan	Studio	
19:00 - 19:45	Group Cycling	Hec	Spin Area	
19:00 - 20:00	Body Pump	Scc	Studio	
19:00 - 20:00	Group Exercise Welcome	Otc	Rec	
20:00 - 21:00	Hatha Yoga	Hol		£
20:10 - 21:10	Body Combat	Hec		

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 - 11:15	Power Plate Taster	Otc	Gym	
10:30 - 11:30	Body Pump	Scc	Studio	
11:30 - 12:00	Group Cycling	Hec	Spin Area	
11:30 - 12:30	Pilates	Hol	Studio	
17:00 - 18:00	Body Combat	Hec	Studio	
18:00 - 18:45	Group Cycling	Hec	Spin Area	
18:00 - 19:00	Body Pump	Scc	Studio	
19:00 - 20:00	Body Balance	Hol	Studio	
19:00 - 20:00	Group Cycling	Hec	Spin Area	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Combat	Hec	Studio	
09:30 - 10:30	Body Conditioning	Scc	Studio	
10:30 - 11:30	Tai Chi	Hol	Studio 1	
11:30 - 12:30	Zumba	Dan	Main Studio	
11:45 - 12:15	Abs & Stretch	Scc		
18:00 - 18:45	Group Cycling	Hec	Spin Area	
18:00 - 18:45	Power Plate Taster	Otc	Gym	
18:00 - 19:00	Body Conditioning	Scc	Studio	
18:45 - 19:30	Aqua	Scc	Ind Pool	
19:00 - 20:00	Body Combat	Hec	Studio	
20:00 - 21:00	Body Balance	Hol	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	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	
17:00 - 18:00	Zumba	Dan	Studio	
18:00 - 19:00	Total Body Workout	Hec		
19:00 - 19:45	Group Cycling	Hec	Spin Area	
19:00 - 20:00	Body Pump	Scc	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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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Area	
09:30 - 10:30	Body Jam	Dan	Studio	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:30 - 11:25	Circuits	Hec	Ind Crt 4	
10:30 - 11:30	Body Conditioning	Scc	Studio	
11:30 - 12:25	Yoga	Hol		
11:30 - 12:30	Yoga	Hol	Studio	£
18:00 - 18:45	Group Cycling	Hec	Spin Area	
18:00 - 19:00	Zumba	Dan	Studio	
19:00 - 19:30	Kettle Bell	Scc	Gym Desk	
19:00 - 20:00	Body Balance	Hol	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Pilates Foundation	Otc		
08:45 - 09:30	Group Cycling	Hec	Spin Area	
09:30 - 10:30	Body Pump	Scc	Studio	
09:30 - 10:30	Pilates Advanced	Hol	DL Kids Area	
10:40 - 11:40	Body Combat	Hec	Studio	
11:50 - 12:50	Body Balance	Hol	Studio	
17:00 - 18:00	Zumba	Dan	Studio	

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	
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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