

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0715	Keiser Cycling Express	Hec	Keiser Area	
0915-1000	Keiser Cycling	Hec	Keiser Area	
0915-1000	Legs, Bums & Tums	Scs	Studio	
1000-1100	Body Pump	Scs	Studio	
1100-1200	Senior Conditioning	Scs	Studio	S
1215-1330	Hatha Yoga	Hol	Studio	
1730-1800	Abs & Back	Scs	Studio	
1800-1845	Keiser Cycling Advanced	Hec	Keiser Area	A
1800-1900	Body Pump	Scs	Studio	*
1900-2000	Body Combat	Hec	Studio	*
1900-1945	Keiser Cycling	Hec	Keiser Area	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Body Combat	Hec	Studio	
1030-1115	Swiss Ball	Scs	Studio	
1130-1215	Tai Chi	Hol	Studio	
1400-1445	Aqua	Scs	Pool	
1515-1630	Hatha Yoga	Hol	Studio	
1800-1845	Keiser Cycling	Hec	Keiser Area	
1800-1845	Swiss Ball	Scs	Studio	
1830-1915	Aqua	Scs	Pool	
1900-1945	Body Pump Express	Scs	Studio	
1945-2030	Body Attack	Hec	Studio	
2030-2130	Dance with David Lloyd	Dan	Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0730	Body Pump Express	Scs	Studio	
0930-1015	Body Attack Express	Hec	Studio	
1030-1130	Body Pump	Scs	Studio	
1100-1145	Aqua	Scs	Pool	
1215-1230	Body Balance Express	Hol	Studio	
1715-1800	Legs, Bums & Tums	Scs	Studio	
1800-1900	Body Step	Hec	Studio	*
1830-1900	Introduction to Keiser Cycling	Hec	Keiser Area	
1900-2000	Body Pump	Scs	Studio	*
1915-2000	Keiser Cycling	Hec	Keiser Area	
2000-2045	Body Combat Express	Hec	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0915-1000	Legs, Bums & Tums	Scs	Studio	
1000-1100	Body Combat	Hec	Studio	
1015-1115	Introduction to Keiser Cycling	Hec	Keiser Aea	
1100-1200	Mature Movers	Scs	Studio	S
1215-1245	Group Exercise Welcome	Otc	Club Room	
1215-1330	Hatha Yoga	Hol	Studio	
1800-1845	Keiser Cycling	Hec	Keiser Aea	
1800-1845	Tri Class	Hec	Studio	*
1900-1930	Group Exercise Welcome	Otc	Club Room	
1900-2015	Tai Chi	Hol	Studio	
2015-2100	Circuits	Hec	Studio	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0730	Body Pump Express	Scs	Studio	
0915-1000	Keiser Cycling	Hec	Keiser Area	
1000-1045	Pilates	Hol	Studio	
1100-1145	Aqua	Scs	Pool	
1100-1145	Body Pump Express	Scs	Studio	*
1715-1800	Keiser Cycling Express	Hec	Keiser Area	
1800-1845	Body Pump Express	Scs	Studio	
1845-1915	Body Combat Express	Hec	Studio	
1915-2030	Hatha Yoga	Hol	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1045	Keiser Cycling	Hec	KeiserArea	*
1000-1100	Body Step	Hec	Studio	*
1100-1200	Body Pump	Scs		*

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1100-1200	Body Combat	Hec	Studio	*
1100-1145	Keiser Cycling	Hec	Keiser 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 (Scs):

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