DAVID LLOYD LEISURE - DUNDEE - 01382 537500

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:15	Group Cycling	Hec	Cycle Studio	
09:15 - 10:00	Group Cycling	Hec	Cycle Studio	
09:15 - 10:00	Legs, Bums & Tums	Scc	Studio 1	
10:00 - 11:00	Body Pump	Scc	Studio 1	
11:00 - 12:00	Mature Movers	Otc	Studio 1	
12:15 - 13:30	Hatha Yoga	Hol	Studio 1	
17:30 - 18:00	Core Stability	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Body Pump	Scc	Studio 1	
18:30 - 19:00	Power Plate Taster	Otc	Gym	
19:00 - 19:30	ViPR Taster	Otc	Gym	
19:00 - 20:00	Body Combat	Hec	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Combat	Hec	Studio 1	
10:30 - 11:15	Core Stability	Scc	Studio 1	
11:30 - 12:45	Tai Chi	Hol	Studio 1	
14:00 - 14:45	Aqua	Scc	Ind Pool	
15:15 - 16:30	Hatha Yoga	Hol	Studio 1	
17:15 - 18:00	JUKARI Fit to Flex	Otc	Studio	
18:00 - 18:45	Body Attack Express	Hec	Studio	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:30 - 19:15	Aqua	Scc	Ind Pool	
18:45 - 19:30	Body Pump Express	Scc	Studio 1	
19:30 - 20:45	Tai Chi	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Body Pump	Scc	Spin Area	
09:15 - 10:00	Group Cycling	Hec	Cycle Studio	
09:15 - 10:00	JUKARI Fit to Flex	Otc	Studio	
10:00 - 11:00	Body Pump	Scc	Studio 1	
11:00 - 11:45	Aqua	Scc	Ind Pool	
17:15 - 18:00	Legs, Bums & Tums	Scc	Studio 1	
18:00 - 19:00	Body Step	Hec	Studio	
18:30 - 19:00	Beginners Group Cycling	Hec	Spin Area	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Body Pump	Scc	Studio 1	
20:00 - 20:45	Body Combat	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Legs, Bums & Tums	Scc	Studio 1	
10:00 - 11:00	Body Combat	Hec	Studio 1	
11:00 - 12:00	Zumba	Dan	Studio	
12:15 - 13:30	Hatha Yoga	Hol	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Body Jam	Dan	Studio	
18:30 - 19:15	Aqua	Scc	Ind Pool	
19:00 - 20:00	Body Balance	Hol	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

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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Body Pump Express	Scc	Studio 1	
09:15 - 10:00	Group Cycling	Hec	Cycle Studio	
10:00 - 10:45	Pilates	Hol	Studio 1	
10:15 - 10:45	Power Plate Taster	Otc	Gym	
11:00 - 11:45	Aqua	Scc	Ind Pool	
11:00 - 11:45	Body Pump	Scc	Studio 1	
17:15 - 18:00	Group Cycling	Hec	Cycle Studio	
18:00 - 18:45	Body Pump Express	Scc	Studio 1	
18:45 - 19:15	Body Attack	Hec	Studio	
19:15 - 20:30	Hatha Yoga	Hol	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:00 - 11:00	Body Step	Hec	Studio 1	
11:00 - 12:00	Body Pump	Scc	Studio 1	
12:00 - 13:00	Zumba	Dan	Ind Crt 4, 5 & 6	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:45	ViPR Taster	Otc	Gym	
11:00 - 11:45	Group Cycling	Hec	Cycle Studio	
11:00 - 12:00	Body Combat	Hec	Studio 1	

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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