DAVID LLOYD - Eastbourne - 01323 509802

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	Keiser Studio	
08.30-09.25	Pilates	Hol	Studio 2	
09.30-10.15	RPM	Hec	Keiser Studio	*
09.30-10.25	Body Pump	Scc	Studio 1	*
10.30-11.25	Body Combat	Hec	Studio 1	*
10.30-11.25	Legs, Bums & Tums	Scc	Studio 2	*
11.30-12.25	Body Balance	Hol	Studio 2	*
12.00-12.45	Aqua	Scc	Pool	
13.30-14.25	Stretch & Tone	Scc	Studio 1	
17.00-17.45	Family Cycle	Hec	Keiser Studio	*
18.00-18.45	Keiser Cycling	Hec	Keiser Studio	
18.00-18.45	Family Circuits	Hec	kids Zone	*
18.00-18.55	Conditioning	Scc	Studio 1	
18.30-19.00	Power Plate	Scc	Gym	£ C
19.00-19.55	Body Step	Hec	Studio 1	
19.00-19.55	Belly Dancing	Dan	Studio 2	
19.00-19.55	Circuits	Hec	kids Zone	
19.00-19.55	Keiser Cycling Advanced	Hec	Keiser Studio	
20.00-20.55	Pilates Intermediate	Hol	Studio 2	
20.00-21.15	Yoga	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Body Pump Express	Scc	Studio 1	
08.30-09.25	Introduction to Pilates	Hol	Studio 1	
08.45-09.25	Swiss Ball	Scc	Studio 2	
09.30-10.25	Salsa Aerobics	Dan	Studio 1	*
09.30-10.25	Pilates Intermediate	Hol	Studio 2	*
09.30-10.15	Keiser Cycling	Hec	Keiser Studio	*
10.30-11.25	Senior Conditioning	Scc	Studio 2	S
10.30-11.25	Stomp FX	Hec	Studio 1	
14.00-14.55	Hatha Yoga	Hol	Studio 1	
15.00-15.25	Meditation	Hol	Studio 1	
18.00-18.55	Body Pump	Scc	Studio 1	*
18.00-18.55	Circuits	Hec	Kids Zone	*
19.00-19.55	Chi Kung	Hol	Studio 2	
19.00-19.55	Body Jam	Dan	Studio 1	
19.30-20.15	Keiser Cycling	Hec	Keiser Studio	
20.00-20.45	Aqua	Scc	Pool	
20.00-20.55	Body Balance	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	RPM	Hec	Keiser Studio	
08.00-08.55	Yoga	Hol	Studio 2	
09.30-10.25	Body Jam	Dan	Studio 1	*
09.30-10.25	Senior Conditioning	Scc	Studio 2	*
10.30-11.25	Body Combat	Hec	Studio 1	*
11.45-12.40	Pilates	Hol	Studio 2	
12.00-12.45	Aqua	Scc	Pool	
18.00-18.55	Body Combat	Hec	Studio 1	*
18.00-18.55	Keiser Cycling Advanced	Hec	Keiser Studio	* A
18.00-18.55	Belly Dancing	Dan	Studio 2	*
19.00-19.55	Body Pump	Scc	Studio 1	
19.00-19.55	Lose & Shape Up	Otc	Club Room	
19.00-20.15	Dance with David Lloyd	Dan	Studio 2	£ C
20.10-21.25	Yoga	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	Keiser Studio	
09.30-10.25	Step	Hec	Studio 1	
09.30-10.25	Legs, Bums & Tums	Scc	Studio 2	*
10.30-11.25	Body Balance	Hol	Studio 2	*
10.30-11.25	Body Pump	Scc	Studio 1	*
11.30-12.25	Pilates	Hol	Studio 2	*
12.00-12.45	Aqua	Scc	Pool	
13.30-14.45	Hatha Yoga	Hol	Studio 1	
18.00-18.55	Keiser Cycling Advanced	Hec	Keiser Studio	*
18.00-18.55	Legs, Bums & Tums	Scc	Studio 2	*
18.00-18.55	Boxercise	Hec	Studio 1	*
19.00-19.55	Body Combat	Hec	Studio 1	
19.00-19.55	Running Club	Otc	Gym	
19.00-19.55	Tai Chi	Hol	Studio 2	
20.00-20.55	Tai Chi	Hol	Studio 2	A
20.00-20.55	Pilates	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

LIFE. Be fit for it
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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.45-09.30	Swiss Ball	Scc	Studio 2	
09.30-10.15	Keiser Cycling	Hec	Keiser Studio	*
09.30-10.45	Hatha Yoga	Hol	Studio 2	*
09.30-10.25	Body Step	Hec	Studio 1	*
10.30-11.25	Conditioning	Scc	Studio 1	
12.00-12.45	Aqua	Scc	Pool	
14.30-15.25	Chi Kung	Hol	Studio 2	
18.00-18.55	Circuits	Hec	Studio 1	
19.00-19.55	Body Pump	Scc	Studio 1	
19.00-19.55	Lose & Shape Up	Otc	Gym	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.45-10.00	Hatha Yoga	Hol	Studio 2	
10.00-10.55	Body Pump	Scc	Studio 1	*
11.00-11.55	Body Combat	Hec	Studio 1	*
11.15-12.00	Keiser Cycling	Hec	Keiser Studio	*
12.15-12.45	Family Cycle	Hec	Keiser Studio	
17.00-17.55	Circuits	Hec	Gym	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.00-09.00	Pilates Intermediate	Hol	Studio 2	
09.00-10.00	Yogalates	Hol	Studio 2	*
10.00-10.55	Body Step	Hec	Studio 1	*
10.00-10.55	Yoga	Hol	Studio 2	*
11.00-11.55	Power Plate	Scc	Gym	*£ C
11.00-11.45	Keiser Cycling	Hec	Keiser Studio	*
11.00-11.55	Body Balance	Hol	Studio 1	*
11.00-11.55	Ski Fit	Otc	Studio 2	*
12.00-12.30	Power Plate	Scc	Gym	£ C

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.

KEY

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