DAVID LLOYD - EDINBURGH - 0131 316 2300

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Body Pump	Scc	Studio 1	
10.00-10.45	Aqua	Scc	Pool	
10.35-11.20	Body Attack Express	Hec	Studio 1	
11.30-12.30	Tai Chi	Hol	Studio 1	
17.55-19.00	Yoga	Hol	Studio 2	
18.00-19.00	RPM	Hec	Gym	A
18.00-19.00	Body Combat	Hec	Studio 1	
19.00-20.00	Legs, Bums & Tums	Scc	Studio 2	
19.00-20.00	Run Fit	Otc	Gym	
19.15-20.00	Body Attack Express	Hec	Studio 1	
19.30-20.15	Aqua	Scc	Pool	
20.05-21.05	Circuits	Hec	Studio 1	
20.05-21.05	Body Balance	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Body Conditioning	Scc	Studio 1	
10.30-11.30	Body Vive	Scc	Studio 2	
10.35-11.35	Body Balance	Hol	Studio 1	
11.30-12.45	Yoga	Hol	Studio 2	
12.30-13.15	Body Pump Express	Scc	Studio 1	
18.00-18.45	Keiser Cycling	Hec	Gym	
18.00-18.55	Dance Fit	Dan	Studio 1	A
18.05-20.05	Lose & Shape Up	Otc	Gym	£
19.00-19.30	Keiser Cycling Express	Hec	Gym	
19.00-20.00	Body Combat	Hec	Studio 1	
19.00-20.30	Ju-Jitsu	Hec	Studio 2	
20.05-21.05	Body Pump	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.50	RPM	Hec	Gym	
09.30-10.15	Keiser Cycling	Hec	Gym	
09.30-10.30	Body Balance	Hol	Studio 1	
10.30-11.30	Body Combat	Hec	Studio 1	
14.00-15.00	Group Exercise Welcome	Otc	Club Room	
17.55-18.55	Body Pump	Scc	Studio 1	
18.00-18.30	Keiser Cycling Express	Hec	Gym	
18.00-19.00	Body Jam	Dan	Studio 2	
19.00-19.45	Keiser Cycling	Hec	Gym	
19.00-20.00	Body Attack	Hec	Studio 1	
19.00-20.00	Circuits	Hec	Gym	
19.00-20.00	Swim Fit	Otc	Pool	
19.05-20.00	Legs, Bums & Tums	Scc	Studio 2	
20.05-20.55	Body Step Express	Hec	Studio 1	
20.05-21.20	Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	Gym	
09.30-10.20	RPM	Hec	Gym	
09.30-10.30	Step	Hec	Studio 1	
10.00-10.45	Aqua	Scc	Pool	
10.30-11.30	Body Conditioning	Scc	Studio 1	
12.30-13.15	Legs, Bums & Tums	Scc	Studio 1	
17.15-17.55	Group Exercise Welcome	Otc	Club Room	
18.00-19.00	Body Attack	Hec	Studio 1	
18.00-20.00	Lose & Shape Up	Otc	Gym	£
19.00-19.50	RPM	Hec	Gym	
19.00-20.00	Ski Fit	Otc	Gym	
19.00-20.00	Body Pump	Scc	Studio 1	
19.10-20.00	Body Jam Express	Dan	Studio 2	
20.05-21.05	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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Circuits	Hec	Studio 1	
09.15-10.00	Aqua	Scc	Pool	
09.30-10.20	RPM	Hec	Gym	
09.30-10.30	Senior Conditioning	Scc	Studio 1	S
10.30-11.30	Legs, Bums & Tums	Scc	Studio 1	
17.15-18.00	Body Attack Express	Hec	Studio 1	
18.00-18.45	Keiser Cycling	Hec	Gym	
18.00-19.00	Tai Chi	Hol	Studio 1	
19.00-20.15	Karate	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.00	Body Combat	Hec	Studio 1	
10.00-11.05	Body Pump	Scc	Studio 1	*
10.30-11.20	RPM	Hec	Gym	
11.15-12.15	Dance Fit	Dan	Studio 1	A
17.00-18.00	Body Attack	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.00-08.50	RPM	Hec	Gym	
08.15-09.00	Body Attack Express	Hec	Studio 1	
09.00-10.00	Body Pump	Scc	Studio 1	
10.00-10.45	Keiser Cycling	Hec	Gym	
10.00-11.00	Body Combat	Hec	Studio 1	
11.05-12.00	Body Balance	Hol	Studio 1	
12.05-12.50	Body Vive Express	Scc	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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