DAVID LLOYD LEISURE - EDINBURGH - 0131 316 2300

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:00	Power Plate	Otc	Gym Area 1	£
09:30 - 10:30	Body Pump	Scc	Studio	
09:45 - 10:30	Aqua	Scc	Pool	
10:30 - 11:15	Body Attack Express	Hec	Studio	
11:30 - 12:25	Tai Chi	Hol	Studio	
18:00 - 18:55	Body Combat	Hec	Studio	
18:00 - 18:55	Hatha Yoga	Hol	Studio 2	
18:00 - 19:00	RPM	Hec	Gym	
19:00 - 19:55	Legs, Bums and Tums	Scc	Studio 2	
19:00 - 19:55	Running Club	Otc		
19:15 - 20:00	Body Attack Express	Hec	Studio	
19:30 - 20:15	Aqua	Scc	Pool	
20:05 - 21:00	Body Balance	Hol	Studio 2	
20:05 - 21:00	Zumba	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Gym	
09:30 - 10:15	Group Cycling	Hec	Gym	
09:30 - 10:15	Power Plate	Scc	Gym Area 1	
09:30 - 10:25	Body Balance	Hol	Studio	
10:30 - 11:25	Senior Conditioning	Scc	Studio	
17:55 - 18:55	Body Pump	Scc	Studio	
18:00 - 18:30	Group Cycling	Hec	Gym 1	
18:00 - 18:30	Power Plate	Otc	Gym Area 1	£
18:00 - 18:45	JUKARI Fit to Flex	Otc	Studio 2	
19:00 - 19:45	RPM	Hec	Gym 1	
19:00 - 19:55	Body Attack	Hec	Studio	
19:00 - 20:00	Circuits	Hec	Gym	
19:05 - 20:00	Body Conditioning	Scc	Studio 2	
20:05 - 20:50	Body Step	Hec	Studio 1	
20:05 - 21:00	Hatha Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump Express	Scc	Studio 1	
09:30 - 10:15	JUKARI Fit to Flex	Otc	Studio 2	
09:30 - 10:25	Body Conditioning	Scc	Studio 1	
10:30 - 11:25	Body Vive	Scc	Studio 2	
10:35 - 11:30	Body Balance	Hol	Studio 1	
11:30 - 12:25	Hatha Yoga	Hol	Studio 1	
12:30 - 13:15	Body Pump Express	Scc	Studio 1	
17:30 - 18:15	Group Exercise Welcome	Otc	Club Rm	
18:00 - 18:45	Group Cycling	Hec	Gym	
18:00 - 18:55	Dance Fit	Otc	Studio 1	
18:30 - 19:15	Power Plate	Scc	Gym Area 1	
19:00 - 19:30	Group Cycling	Hec	Gym 1	
19:00 - 19:55	Body Combat	Hec	Studio	
19:30 - 20:00	Circuits	Hec	Gym Area 1	
20:15 - 21:00	Zumba	Dan	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Gym	
09:30 - 10:15	RPM	Hec	Gym	
10:00 - 10:45	Aqua	Scc	Pool	
10:30 - 11:25	Step	Hec	Studio	
12:30 - 13:15	Legs, Bums and Tums	Scc	Studio	
18:00 - 18:55	Body Attack	Hec	Studio	
19:00 - 19:45	Circuits	Hec	Gym	
19:00 - 19:45	RPM	Hec	Gym	
19:00 - 19:55	Step	Hec	Studio	
19:05 - 20:00	Body Balance	Hol	Studio 2	
20:05 - 20:50	Body Pump Express	Scc	Studio 1	
20:05 - 21:00	Hatha Yoga	Hol	Studio 2	

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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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Studio	
09:15 - 10:00	Aqua	Scc	Pool	
09:30 - 10:15	RPM	Hec	Gym	
09:30 - 10:25	Senior Conditioning	Scc	Studio	
10:30 - 11:25	Legs, Bums and Tums	Scc	Studio	
17:20 - 17:50	Body Pump Express	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Gym	
18:00 - 18:55	Tai Chi	Hol	Studio	
19:00 - 19:55	Zumba	Dan	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 08:45	RPM	Hec	Gym	
08:15 - 09:00	Body Attack Express	Hec	Studio	
09:00 - 10:00	Body Pump	Scc	Studio	
10:00 - 10:45	Group Cycling	Hec	Gym	
10:00 - 10:55	Body Combat	Hec	Studio	
11:05 - 12:00	Body Balance	Hol	Studio	
12:15 - 13:10	Body Vive	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Body Combat	Hec	Studio	
10:05 - 11:00	Body Pump	Scc	Studio 1	
10:30 - 11:15	RPM	Hec	Gym	
11:15 - 12:10	Dance Fit	Otc		
17:00 - 17:55	Body Attack	Hec	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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