DAVID LLOYD - NEWHAVEN HARBOUR - 0131 554 5000

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.30-09.30	Vinyasa Yoga	Hol	Studio 1	
09.30-10.30	Legs, Bums & Tums	Scc	Studio 1	
10.30-11.15	Keiser Cycling	Hec	Gym	
FROM 18.00	Pilates	Hol	Forth View	£
18.00-20.00	Lose & Shape Up	Otc	Club Room	£
18.20-19.20	Body Combat	Hec	Studio 1	
18.30-19.15	Keiser Cycling	Hec	Gym	*
18.30-19.15	Aqua	Scc	Pool	*
18.30-19.30	Running Club	Otc	Reception	*
19.25-20.25	Body Pump	Scc	Studio 1	
20.30-21.30	Hatha Yoga	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Pilates	Hol	Studio 1	
10.30-11.15	Keiser Cycling	Hec	Gym	
10.30-11.15	Aqua	Scc	Pool	
10.45-11.45	Vinyasa Yoga	Hol	Studio 1	
11.30-12.15	Coffee Club	Otc	Lounge	
11.30-12.30	Group Exercise Welcome	Otc	Club Room	
FROM 11.50	Pilates	Hol	Studio 1	£
17.45-18.30	Body Attack	Hec	Studio 1	*
18.30-19.15	Keiser Cycling	Hec	Gym	*
18.30-19.30	Body Pump	Scc	Studio 1	*
18.30-19.30	Power Plate	Scc	Gym	£
19.30-20.30	Body Combat	Hec	Studio 1	
20.30-21.30	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.15	Keiser Cycling	Hec	Gym	
07.15-07.30	Abs & Stretch	Scc	Gym	
07.30-08.30	Triathlon Fit	Otc	Pool	
09.30-10.30	Body Pump	Scc	Studio 1	
10.30-11.15	Keiser Cycling	Hec	Gym	
10.35-11.20	Body Attack	Hec	Studio 1	
11.45-12.45	Senior Pilates	Hol	Studio 1	
18.00-18.45	Keiser Cycling	Hec	Gym	*
18.00-19.00	Body Pump	Scc	Studio 1	*
19.05-20.05	Body Attack	Hec	Studio 1	*
20.10-21.10	Tai Chi	Hol	Function Room	
20.30-21.30	Pole Dance	Dan	Studio 1	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.15	Keiser Cycling	Hec	Gym	
07.15-07.30	Abs & Stretch	Scc	Gym	
08.30-09.30	Vinyasa Yoga	Hol	Studio 1	
09.30-10.30	Body Combat	Hec	Studio 1	
10.30-11.00	Core Stability	Scc	Studio 1	
11.05-12.05	Tai Chi	Hol	Studio 1	
17.30-18.30	Body Pump	Scc	Studio 1	*
18.00-18.45	Keiser Cycling	Hec	Gym	*
18.35-19.35	Body Combat	Hec	Studio 1	
19.45-20.45	Group Exercise Welcome	Otc	Club Room	
20.00-21.00	Pole Dance	Dan	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

DAVID LLOYD - NEWHAVEN HARBOUR - 0131 554 5000

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.30-08.30	Triathlon Fit	Otc	Pool	
09.40-10.25	Keiser Cycling	Hec	Gym	
10.30-11.15	Aqua	Scc	Pool	
10.30-11.30	Body Pump	Scc	Studio 1	
15.15-16.00	Teen Keiser Cycling	Hec	Gym	
17.15-18.15	Urban Funk	Dan	Studio 1	
18.15-19.00	Keiser Cycling	Hec	Gym	
18.20-19.05	Body Balance	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-10.45	Body Attack	Hec	Studio 1	
10.30-11.30	Keiser Cycling & Abs	Hec	Gym	
10.45-11.45	Body Pump	Scc	Studio 1	
14.00-15.00	Pole Dance	Dan	Studio 1	£
16.15-17.15	Body Combat	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.45-11.00	Total Body Workout	Hec	Studio 1	
10.30-11.15	Keiser Cycling	Hec	Gym	
11.05-12.05	Body Pump	Scc	Studio 1	
12.10-13.10	Body Combat	Hec	Studio 1	
13.30-14.30	Body Balance	Hol	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.

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