DAVID LLOYD LEISURE - EDINBURGH NEWHAVEN HARBOUR - 0131 55

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Vinyasa Yoga	Hol	Studio 1	
09:30 - 10:30	Legs, Bums and Tums	Scc	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Gym	
10:30 - 11:15	Urban Funk	Dan	Studio 1	
12:30 - 13:30	Group Exercise Welcome	Otc	Lounge	
17:45 - 18:30	Step	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Gym	
18:30 - 19:30	Body Combat	Hec	Studio 1	
18:30 - 19:30	Running Club	Otc	Gym 1	
18:45 - 19:30	Aqua	Scc	Pool	
19:35 - 20:35	Body Pump	Scc	Studio 1	
20:40 - 22:00	Hatha Yoga	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:15	Group Cycling	Hec	Gym	
07:15 - 07:30	Abs & Stretch	Scc	Gym	
09:30 - 10:15	Legs, Bums and Tums	Scc	Studio 1	
10:00 - 10:30	Mother & Baby	Otc	Pool	
10:20 - 11:20	Zumba	Dan	Studio 1	
10:30 - 11:00	Mother & Toddler	Otc	Pool	
10:30 - 11:15	Group Cycling	Hec	Gym	
11:45 - 12:45	Senior Pilates	Hol	Studio 1	
17:30 - 18:15	Body Combat	Hec	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Gym	
18:00 - 20:00	Lose & Shape Up	Otc	Meeting Rm	£
18:15 - 19:15	Body Pump	Scc	Studio 1	
19:00 - 19:45	Power Plate Taster	Otc	Gym 1	
19:15 - 20:15	Body Attack	Hec	Studio 1	
19:30 - 20:30	Tai Chi	Hol	Func Rm	
20:15 - 21:00	Zumba	Dan	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Pilates	Hol	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Gym	
10:45 - 11:30	Aqua	Scc	Pool	
10:45 - 12:00	Vinyasa Yoga	Hol	Studio 1	
17:00 - 17:45	JUKARI Fit to Flex	Otc	Studio 1	
17:45 - 18:30	Body Attack	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Gym	
18:30 - 19:30	Body Pump	Scc	Studio 1	
18:30 - 19:30	Power Plate Course	Otc	Gym 1	
19:30 - 20:30	Body Combat	Hec	Studio 1	
20:30 - 21:30	Body Balance	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:15	Group 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	
10:00 - 10:30	Mother & Baby	Otc	Pool	
10:30 - 11:00	Mother & Toddler	Otc	Pool	
11:15 - 12:15	Tai Chi	Hol	Studio 1	
17:40 - 18:40	Body Pump	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Gym	
18:45 - 19:45	Body Combat	Hec	Studio 1	
19:00 - 19:45	Aqua	Scc	Pool	
19:00 - 19:45	ViPR Taster	Otc	Kids Zone	
19:45 - 20:30	Step	Hec	Studio 1	
20:30 - 21:30	Zumba	Dan	Studio 1	
20:45 - 21:45	Group Exercise Welcome	Otc	Lounge	

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
08:30 - 09:30	Pilates	Hol	Studio 1	
09:40 - 10:25	Group Cycling	Hec	Gym	
09:40 - 10:25	Step	Hec	Studio 1	
10:30 - 11:15	Body Pump	Scc	Studio 1	
10:45 - 11:30	Aqua	Scc	Pool	
11:15 - 12:00	JUKARI Fit to Flex	Otc	Studio 1	
17:30 - 18:15	Urban Funk	Dan	Studio 1	
18:15 - 19:00	Body Balance	Hol	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Gym	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:45 - 11:00	Total Body Workout	Hec	Studio 1	
10:30 - 11:15	Group 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	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:45	Body Attack	Hec	Studio 1	
10:30 - 11:30	Group Cycling & Abs	Otc	Gym	
10:45 - 11:45	Body Pump	Scc	Studio 1	
11:45 - 12:15	ViPR Course	Otc	Studio 1	£
16:15 - 17:15	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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