DAVID LLOYD LEISURE - EDINBURGH NEWHAVEN HARBOUR - 0131 55

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Vinyasa Yoga	Hol	Studio 1	
09:45 - 10:30	Legs, Bums and Tums	Scc	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Gym	
10:30 - 11:15	Latin Fit	Otc	Studio 1	
11:15 - 11:30	Abs & Stretch	Scc		
11:45 - 12:45	Pilates	Hol	Studio 1	
17:30 - 18:00	Step	Hec	Studio 1	
18:00 - 18:30	Body Conditioning	Scc	Studio 1	
18:00 - 18:30	Power Plate Taster	Otc	Gym Area 1	
18:30 - 19:15	Group Cycling	Hec	Gym	
18:30 - 19:30	Body Combat	Hec	Studio 1	
18:45 - 19:30	Aqua	Scc	Pool	
19:30 - 20:30	Body Pump	Scc	Studio 1	
20:40 - 22:00	Hatha Yoga	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:35	Group Cycling & Abs	Otc	Gym	
08:30 - 09:30	Body Balance	Hol	Studio 1	
09:00 - 09:30	TRX Taster	Otc	Gym Area 1	
09:45 - 10:30	Cardio Conditioning	Hec	Studio 1	
10:30 - 11:30	Group Cycling	Hec	Gym	
11:45 - 12:45	Senior Pilates	Hol	Studio 1	
17:30 - 18:15	Legs, Bums and Tums	Scc	Studio 1	
18:00 - 18:30	ViPR Taster	Otc	Gym Area 1	
18:00 - 18:45	Group Cycling	Hec	Gym	
18:15 - 19:15	Body Pump	Scc	Studio 1	
18:15 - 19:15	Dynamic Yoga	Hol	Func Rm	
19:15 - 20:15	Body Attack	Hec	Studio 1	
19:30 - 20:30	Tai Chi	Hol	Func Rm	
20:15 - 21:15	Zumba	Dan	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Body Pump	Scc	Studio 1	
09:40 - 10:40	Body Conditioning	Scc	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Gym	
10:45 - 11:30	Aqua	Scc	Pool	
10:45 - 11:45	Vinyasa Yoga	Hol	Studio 1	
11:30 - 12:15	Coffee Club	Otc	Club Rm	
12:00 - 12:45	Latin Fit	Otc	Studio 1	
12:45 - 13:15	Abs & Back	Scc	Studio 1	
13:15 - 14:15	Pilates Works	Hol	Studio 1	£
17:00 - 17:30	TRX Taster	Otc	Gym Area 1	
17:45 - 18:30	Body Attack	Hec	Studio 1	
18:00 - 19:00	Pilates	Hol	Func Rm	
18:15 - 19:15	Triathlon Bike	Otc	Gym	
18:30 - 19:30	Body Pump	Scc	Studio 1	
18:30 - 19:30	Power Plate Course	Otc	Gym 1	£
19:05 - 20:05	Pilates Works	Hol	Func Rm	£
19:30 - 20:00	Lose & Shape Up	Otc	Club Rm	
19:30 - 20:30	Body Combat	Hec	Studio 1	
20:10 - 21:10	Pilates Works	Hol	Func Rm	£
20:30 - 21:30	Body Balance	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:35	Group Cycling & Abs	Otc	Gym	
08:30 - 09:30	Vinyasa Yoga	Hol	Studio 1	
09:00 - 09:30	Power Plate Taster	Otc	Gym Area 1	
09:45 - 10:45	Body Combat	Hec	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Gym	
10:45 - 11:30	Zumba	Dan	Studio 1	
11:30 - 12:30	Tai Chi	Hol	Studio 1	
17:00 - 17:30	ViPR Taster	Otc	Gym Area 1	
17:30 - 18:30	Body Pump	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Gym	
18:30 - 19:30	Body Combat	Hec	Studio 1	
18:30 - 19:30	Latin Fit	Otc	Kids Zone	
18:45 - 19:30	Aqua	Scc	Pool	
19:30 - 19:45	Abs & Stretch	Scc	Studio 1	
19:30 - 20:30	Vinyasa Yoga	Hol	Func Rm	
19:45 - 21:15	Boxercise	Hec	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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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 09:00	Pilates	Hol	Studio 1	
09:00 - 09:30	ViPR Taster	Otc	Gym Area 1	
09:00 - 10:00	Bollywood Dance	Dan		
09:40 - 10:25	Group Cycling	Hec	Gym	
09:40 - 10:40	Body Pump	Scc	Studio 1	
10:40 - 11:25	Body Attack	Hec	Studio 1	
10:45 - 11:30	Aqua	Scc	Pool	
17:30 - 18:15	Urban Funk	Dan	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Gym	
18:15 - 19:00	Jazzercise	Dan	Studio 1	
19:00 - 20:00	Body Combat	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:45 - 11:00	Total Body Workout	Hec	Studio 1	
10:00 - 10:30	TRX Taster	Otc	Gym Area 1	
10:30 - 11:15	Group Cycling	Hec	Gym	
11:00 - 12:00	Body Combat	Hec	Studio 1	
12:00 - 13:00	Body Balance	Hol	Studio 1	
14:00 - 15:00	Body Pump	Scc	Studio 1	
15:00 - 16:00	Zumba	Dan	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	
12:00 - 12:30	Power Plate Taster	Otc	Gym Area 1	
16:30 - 17:30	Body Combat	Hec	Studio 1	
17:30 - 18:30	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.

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