# DAVID LLOYD - EPSOM - 01372 747224

## EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0930-1025 | Body Pump | Scc | Studio 1 | * |
| 0930-1015 | RPM | Hec | Gym | * |
| 1000-1045 | Aqua | Scc | Pool | * |
| 1000-1055 | Pilates | Hol | Studio 2 | |
| 1030-1125 | Step | Hec | Studio 1 | |
| 1100-1145 | Swiss Ball | Scc | Studio 2 | |
| 1130-1225 | Body Balance | Hol | Studio 1 | |
| 1230-1315 | Conditioning | Scc | Studio 1 | |
| 1330-1430 | Line Dancing | Dan | Studio 1 | |
| 1830-1915 | Step | Hec | Studio 1 | |
| 1830-1925 | Body Balance | Hol | Studio 1 | |
| 1845-1930 | RPM | Hec | Gym | |
| 1915-2000 | Aqua | Scc | Pool | |
| 1930-2025 | Pilates | Hol | Studio 2 | |
| 1930-2025 | Body Combat | Hec | Studio 1 | |
| 2030-2125 | Body Pump | Scc | Studio 1 | |
| 2030-2145 | Hatha Yoga | Hol | Studio 2 | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0915-0930 | Body Pump Technique | Scc | Studio 1 | |
| 0930-1025 | Pilates | Hol | Studio 2 | * |
| 0930-1025 | Body Pump | Scc | Studio 1 | * |
| 0930-1015 | RPM | Hec | Gym | * |
| 1030-1125 | Introduction to Pilates | Hol | Studio 2 | £ C |
| 1030-1125 | Body Attack | Hec | Studio 1 | |
| 1130-1230 | Running Club | Otc | Outdoors | |
| 1200-1255 | Swiss Ball | Scc | Studio 1 | |
| 1230-1325 | Body Combat | Hec | Studio 1 | |
| 1830-1915 | Body Attack | Hec | Studio 1 | |
| 1915-2000 | RPM | Hec | Gym | |
| 1930-2015 | Aqua | Scc | Pool | |
| 1930-2025 | Body Pump | Scc | Studio 1 | |
| 1930-2025 | Lose & Shape Up | Otc | Gym | £ C |
| 1930-2025 | Body Balance | Hol | Studio 2 | |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0645-730 | Circuits | Hec | Studio 1 | |
| 0930-1015 | RPM | Hec | Gym | * |
| 0930-1025 | Pilates | Hol | Studio 2 | * |
| 0930-1025 | Body Combat | Hec | Studio 1 | * |
| 0930-1015 | Lose & Shape Up | Otc | Gym | *£ C |
| 1000-1045 | Aqua | Scc | Pool | |
| 1030-1125 | Body Pump | Scc | Studio 1 | |
| 1030-1200 | Hatha Yoga | Hol | Studio 2 | |
| 1130-1225 | Body Jam | Dan | Studio 1 | |
| 1830-1915 | Body Combat | Hec | Studio 1 | |
| 1930-2015 | Lose & Shape Up | Otc | Gym | £ C |
| 1930-2015 | RPM | Hec | Gym | |
| 1930-2025 | Pilates | Hol | Studio 2 | |
| 1930-2025 | Circuits | Hec | Studio 1 | |
| 1930-2030 | Running Club | Otc | Outdoors | |
| 2030-2125 | Body Jam | Dan | Studio 1 | |
| 2030-2125 | Introduction to Pilates | Hol | Studio 2 | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0930-1025 | Conditioning | Scc | Studio 1 | * |
| 0930-1015 | RPM | Hec | Gym | * |
| 0930-1015 | Lose & Shape Up | Otc | Gym | * |
| 1000-1045 | Aqua | Scc | Pool | |
| 1000-1055 | Pilates | Hol | Studio 2 | |
| 1030-1125 | Circuits | Hec | Gym | |
| 1030-1125 | Pre & Post Natal | Otc | Gym | |
| 1030-1125 | Body Combat | Hec | Studio 1 | |
| 1100-1230 | Hatha Yoga | Hol | Studio 2 | |
| 1130-1225 | Body Jam | Dan | Studio 1 | |
| 1245-1340 | Body Pump | Scc | Studio 1 | |
| 1345-1440 | Body Balance | Hol | Studio 1 | |
| 1830-1925 | Body Combat | Hec | Studio 1 | |
| 1930-2015 | RPM | Hec | Gym | |
| 1930-2025 | Body Jam | Dan | Studio 1 | |
| 1930-2025 | Pilates | Hol | Studio 2 | |
| 1930-2015 | Lose & Shape Up | Otc | Gym | |

### 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

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## EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0645-0730 | Body Pump | Scc | Studio 1 | |
| 0930-1025 | Pilates | Hol | Studio 2 | * |
| 0930-1025 | Body Pump | Scc | Studio 1 | * |
| 1030-1115 | Body Attack | Hec | Studio 1 | |
| 1030-1115 | Group Cycling | Hec | Gym | |
| 1030-1125 | Body Balance | Hol | Studio 2 | |
| 1230-1315 | Conditioning | Scc | Studio 1 | |
| 1300-1355 | Pilates | Hol | Studio 2 | |
| 1330-1500 | Line Dancing | Dan | Studio 1 | |
| 1830-1945 | Hatha Yoga | Hol | Studio 2 | |

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0930-1045 | Iyengar Yoga | Hol | Studio 2 | |
| 1000-1045 | RPM | Hec | Gym | * |
| 1000-1055 | Body Pump | Scc | Studio 1 | * |
| 1100-1155 | Body Combat | Hec | Studio 1 | * |
| 1700-1745 | Body Attack | Hec | Studio 1 | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0830-0915 | Step | Hec | Studio 1 | |
| 0900-0955 | Pilates | Hol | Studio 2 | |
| 0915-1015 | Step | Hec | Studio 1 | |
| 0930-1015 | RPM | Hec | Gym | * |
| 1015-1030 | Body Pump technique | Scc | Studio 1 | * |
| 1030-1125 | Body Combat | Hec | Studio 2 | * |
| 1030-1125 | Body Pump | Scc | Studio 1 | |
| 1130-1225 | Body Balance | Hol | Studio 1 | |
| 1600-1655 | Body Pump | 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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