DAVID LLOYD - GIDEA PARK - 01708 463 250

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Keiser Cycling	Hec	Spin Studio	
0900-0930	Core Ball	Scc	Gym	*
0930-1015	Aqua	Scc	Pool	*
0930-1030	Aerobics	Hec	Dance Studio	*
0930-1030	Keiser Cycling	Hec	Spin Studio	*
1030-1130	Body Pump	Scc	Dance Studio	*
1130-11215	Row Fit	Otc	Gym	
1130-1230	Yoga	Hol	Dance Studio	
1300-1400	Keiser Cycling	Hec	Spin Studio	
1430-1500	Kettle Bell	Scc	Gym	*
1630-1730	Keiser Cycling	Hec	Spin Studio	*
1830-1915	Keiser Cycling	Hec	Spin Studio	
1915-2015	Body Pump	Scc	Dance Studio	
1930-2030	Keiser Cycling	Hec	Spin Studio	
2000-2100	Easyline Gym Class	Scc	Gym	
2015-2115	Pilates	Hol	Dance Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Keiser Cycling & Abs	Hec	Spin Studio	
0930-1030	Latin Fit	Otc	Dance Studio	*
0930-1030	RPM	Hec	Spin Studio	*
1030-1130	Body Balance	Hol	Dance Studio	*
1130-1200	Core Ball	Scc	Gym	
1130-1230	Body Conditioning	Scc	Dance Studio	
1230-1330	Coffee Club	Otc	Club Room	
1400-1500	Step	Hec	Dance Studio	
1500-1530	Core Stability	Scc	Gym	
1630-1730	Keiser Cycling	Hec	Spin Studio	*
1800-1830	Kettle Bell	Scc	Gym	
1830-1930	Keiser Cycling	Hec	Spin Studio	
1900-2000	Body Combat	Hec	Dance Studio	
1930-2030	Introduction to Keiser Cycling	Hec	Spin Studio	
2000-2100	Yoga	Hol	Dance Studio	
2030-2100	Abs & Stretch	Scc	Gym	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0800	Aerobics	Hec	Dance Studio	
0930-1015	Aqua	Scc	Pool	*
0930-1030	Body Step	Hec	Dance Studio	*
0930-1030	RPM	Hec	Spin Studio	*
1000-1030	Abs & Back	Scc	Gym	*
1030-1115	Salsa Aerobics	Dan	Dance Studio	*
1115-1200	Body Conditioning	Scc	Dance Studio	
1200-1300	Pilates Intermediate	Hol	Dance Studio	
1630-1730	Circuits	Hec	Dance Studio	*
1815-1915	Body Pump	Scc	Dance Studio	
1830-1930	Keiser Cycling	Hec	Spin Studio	
1830-1930	Run Fit	Otc	Gym	
1915-2015	Aerobics	Hec	Dance Studio	
2015-2130	Boxing Fit	Otc	Dance Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Keiser Cycling	Hec	Spin Studio	
0930-1030	Keiser Cycling & Abs	Hec	Spin Studio	*
0930-1030	Circuits	Hec	Dance Studio	*
1030-1130	Body Pump	Scc	Dance Studio	*
1200-1300	Core Ball	Scc	Dance Studio	
1400-1500	Aqua	Scc	Pool	S
1500-1530	Kettle Bell	Scc	Gym	
1630-1730	Legs, Bums & Tums	Scc	Dance Studio	*
1830-1930	Run Fit	Otc	Gym	
1830-1930	Body Attack	Hec	Dance Studio	
1915-2015	RPM	Hec	Spin Studio	
1930-2015	Body Balance	Hol	Dance Studio	
2015-2115	Body Pump	Scc	Dance Studio	
2030-2130	Lose & Shape Up	Otc	Spin Studio	£

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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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Keiser Cycling	Hec	Spin Studio	
0930-1000	Group Exercise Welcome	Otc	Club Room	*
0930-1030	Circuits	Hec	Dance Studio	*
1030-1130	Salsa Fit	Otc	Dance Studio	*
1030-1100	Abs & Back	Scc	Gym	*
1130-1300	Yoga Intermediate	Hol	Dance Studio	
1300-1400	Stretch & Tone	Scc	Dance Studio	S
1630-1730	Aerobics	Hec	Dance Studio	*
1730-1830	Introduction to Keiser Cycling	Hec	Spin Studio	*
1800-1900	Team Sports Fit	Otc	Gym	
1830-1930	Keiser Cycling	Hec	Spin Studio	
1830-1930	Circuits	Hec	Dance Studio	
1930-2030	Step	Hec	Dance Studio	
1930-2030	Keiser Cycling & Abs	Hec	Spin Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Total Body Workout	Hec	Dance Studio	*
1030-1130	Dance Fit	Dan	Dance Studio	*
1030-1130	RPM	Hec	Spin Studio	*
1130-1230	Introduction to Keiser Cycling	Hec	Spin Studio	
1130-1230	Introduction to Yoga	Hol	Dance Studio	
1400-1500	Core Ball	Scc	Gym	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Keiser Cycling & Abs	Hec	Spin Studio	
0830-0930	Aerobics	Hec	Dance Studio	*
0930-1030	Body Combat	Hec	Dance Studio	*
0930-1030	Keiser Cycling & Abs	Hec	Spin Studio	*
1030-1100	Core Ball	Scc	Gym	*
1030-1130	Body Pump	Scc	Dance Studio	*
1100-1200	Row Fit	Otc	Gym	
1130-1230	Pilates	Hol	Dance Studio	
1130-1230	Keiser Cycling	Hec	Spin Studio	
1200-1230	Group Exercise Welcome	Otc	Club Room	
1230-1330	Salsa Beginners	Dan	Dance Studio	*
1230-1330	Teen Keiser Cycling	Hec	Spin Studio	
1330-1430	Dance with David Lloyd	Dan	Dance Studio	
1430-1530	Core Stability	Scc	Gym	
1730-1830	Aerobics	Hec	Dance 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.

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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