DAVID LLOYD LEISURE - GIDEA PARK - 01708 463250

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Group Cycling	Hec	Spin Studio	
07:30 - 08:30	Triathlon Class	Otc	Main Pool	
09:30 - 10:15	Aqua	Scc	Main Pool	
09:30 - 10:25	Group Cycling	Hec	Spin Studio	
09:30 - 10:30	Aerobics	Hec	Dance Studio	
10:00 - 10:30	Abs & Back	Scc	Stretch Area	
10:30 - 11:30	Body Pump	Scc	Dance Studio	
11:30 - 12:30	Yoga	Hol	Dance Studio	
14:00 - 14:30	Core Stability	Scc	Stretch Area	
17:00 - 18:00	JUKARI Fit to Flex	Otc	Dance Studio	
18:00 - 18:45	Body Attack	Hec	Spin Studio	
18:15 - 19:15	Circuits	Hec	Dance Studio	
18:30 - 19:00	ViPR Taster	Otc	Stretch Area	
19:00 - 19:55	ViPR Course	Otc	Stretch Area	
19:15 - 20:15	Body Pump	Scc	Dance Studio	
19:30 - 20:15	Group Cycling Advanced	Otc	Spin Studio	
20:15 - 21:15	Pilates	Hol	Dance Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Aqua	Scc	Main Pool	
09:30 - 10:30	Body Step	Hec	Dance Studio	
09:30 - 10:30	RPM	Hec	Spin Studio	
10:00 - 10:30	Body Conditioning	Scc	Stretch Area	
10:30 - 11:15	Salsa Aerobics	Dan	Dance Studio	
10:45 - 11:45	Stretch & Tone	Scc	Spin Studio	
11:15 - 12:00	Body Conditioning	Scc	Dance Studio	
12:00 - 13:00	Pilates Intermediate	Hol	Dance Studio	
14:00 - 14:30	Core Stability	Scc	Stretch Area	
18:15 - 19:15	Body Pump	Scc	Dance Studio	
18:30 - 19:25	Group Cycling	Hec	Spin Studio	
19:00 - 19:45	Running Club	Otc	Gym	
19:15 - 20:15	Aerobics	Hec	Dance Studio	
19:30 - 20:15	Aqua	Scc	Main Pool	
19:45 - 20:45	Dance With David Lloyd	Dan	Spin Studio	
20:15 - 21:15	Boxercise	Hec	Dance Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Group Cycling	Hec	Spin Studio	
09:30 - 10:15	Aqua	Scc	Main Pool	
09:30 - 10:30	Latin Fit	Otc	Dance Studio	
09:30 - 10:30	RPM	Hec	Spin Studio	
10:30 - 11:30	Body Balance	Hol	Dance Studio	
11:30 - 12:30	Body Conditioning	Scc	Dance Studio	
12:30 - 13:00	Power Plate Course	Otc	Gym	
12:30 - 13:30	JUKARI Fit to Flex	Otc	Dance Studio	
12:30 - 14:00	Coffee Club	Otc	Club Rm	
18:00 - 18:30	Group Exercise Welcome	Otc	Club Rm	
18:15 - 19:15	Circuits	Hec	Dance Studio	
18:30 - 19:00	ViPR Taster	Otc	Stretch Area	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
19:00 - 19:55	ViPR Course	Otc	Stretch Area	
19:00 - 20:00	Body Combat	Hec	Dance Studio	
19:00 - 20:00	Kettle Bell	Scc	Gym	
19:30 - 20:00	Introduction to Body Pump	Scc	Spin Studio	
19:30 - 20:30	Triathlon Class	Otc	Main Pool	
20:00 - 21:00	Body Pump	Scc	Spin Studio	
20:00 - 21:00	Yoga	Hol	Dance Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Aqua	Scc	Main Pool	
09:30 - 10:25	Group Cycling	Hec	Spin Studio	
09:30 - 10:30	Step	Hec	Dance Studio	
10:00 - 11:00	Row Fit	Otc	Gym	
10:30 - 11:30	Body Pump	Scc	Dance Studio	
10:45 - 11:40	Yoga Beginners	Hol	Spin Studio	
12:00 - 13:00	Mature Movers	Otc	Dance Studio	
12:30 - 13:00	ViPR Taster	Otc	Stretch Area	
13:00 - 13:55	ViPR Course	Otc	Stretch Area	
13:15 - 14:00	Aqua	Scc	Main Pool	
14:00 - 14:30	Body Conditioning	Scc	Stretch Area	
16:30 - 17:25	Group Cycling	Hec	Spin Studio	
19:00 - 19:45	Running Club	Otc	Gym	
19:15 - 20:00	RPM Express	Hec	Spin Studio	
19:30 - 20:15	Aqua	Scc	Main Pool	
19:30 - 20:30	Body Pump	Scc	Dance Studio	
20:30 - 21:30	Body Balance	Hol	Dance 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

LIFE. Be fit for it
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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Group Cycling	Hec	Spin Studio	
09:30 - 10:15	Aqua	Scc	Main Pool	
09:30 - 10:25	Group Cycling	Hec	Spin Studio	
09:30 - 10:30	Circuits	Hec	Dance Studio	
10:00 - 10:30	Abs & Back	Scc	Stretch Area	
10:30 - 11:30	Salsa Aerobics	Dan	Dance Studio	
11:30 - 13:00	Yoga Intermediate	Hol	Dance Studio	
13:00 - 14:00	Stretch & Tone	Scc	Dance Studio	
14:00 - 14:30	Core Stability	Scc	Stretch Area	
17:15 - 18:15	Pilates	Hol	Dance Studio	
17:30 - 18:00	Beginners Group Cycling	Hec	Spin Studio	
18:00 - 18:55	Group Cycling	Hec	Spin Studio	
18:30 - 19:30	Circuits	Hec	Dance Studio	
19:00 - 20:00	Boxercise	Hec	Gym	
19:30 - 20:30	Step	Hec	Dance Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:25	Group Cycling	Hec	Spin Studio	
09:15 - 10:15	Body Combat	Hec	Dance Studio	
09:30 - 10:30	Group Cycling & Abs	Otc	Spin Studio	
10:00 - 11:00	Row Fit	Otc	Gym	
10:15 - 11:15	Body Pump	Scc	Dance Studio	
11:30 - 12:25	Group Cycling	Hec	Spin Studio	
11:30 - 12:30	Pilates	Hol	Dance Studio	
12:30 - 13:30	Family Cycle	Hec	Spin Studio	
14:00 - 14:30	Core Stability	Scc	Stretch Area	
14:00 - 15:00	Body Pump	Scc	Dance Studio	
14:30 - 15:30	Yoga	Hol	Spin Studio	
15:00 - 16:00	Body Balance	Hol	Dance Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Total Body Workout	Hec	Dance Studio	
10:00 - 10:30	Body Conditioning	Scc	Stretch Area	
10:30 - 11:30	Dance Fit	Otc	Dance Studio	
10:30 - 11:30	RPM	Hec	Spin Studio	
11:30 - 12:30	Yoga	Hol	Dance Studio	
14:00 - 14:30	Core Stability	Scc	Stretch Area	

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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