DAVID LLOYD - Renfrew- 0141 842 1400

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.15	Aqua	Scc	Pool	
10.00 - 11.00	Body Pump	Scc	Studio 1	
10.30 - 11.00	Keiser Cycling Express	Hec	Gym	
10.30 - 11.30	Body Balance	Hol	Studio 2	
11.00 - 12.00	Lose & Shape Up	Otc	Function Rooms	£
11.30 - 12.30	Yoga	Hol	Studio 2	
17.30 - 18.00	Beginners Group Cycling	Hec	Gym	
18.00 - 19.00	Body Attack	Hec	Studio 1	
18.00 - 18.50	Body Attack	Hec	Studio 2	
18.00 - 19.00	Lose & Shape Up	Otc	Function Rooms	£
18.15 - 19.00	Keiser Cycling	Hec	Gym	
19.00 - 20.00	Body Balance	Hol	Studio 2	
19.00 - 20.00	Body Pump	Scc	Studio 1	
19.15 - 20.00	RPM	Hec	Gym	
20.00 - 21.00	Body Step	Hec	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.45	Body Attack	Hec	Studio 1	
09.30 - 10.15	Aqua	Scc	Pool	
10.00 - 11.00	Body Attack	Hec	Studio 1	
10.30 - 11.00	Keiser Cycling Express	Hec	Gym	
11.00 - 12.00	Body Pump	Scc	Studio 1	
11.00 - 12.00	Pilates	Hol	Studio 2	
17.45 - 18.00	Abs & Back	Scc	Studio 2	
18.00 - 18.50	Body Step	Hec	Studio 1	
18.00 - 19.00	Lose & Shape Up	Otc	Gym	£
18.30 - 19.15	RPM	Hec	Gym	
19.00 - 19.45	Body Attack	Hec	Studio 1	
19.00 - 20.00	Body Balance	Hol	Studio 2	
19.45 - 20.30	Legs, Bums & Tums	Scc	Studio 1	
20.00 - 21.00	Training Club	Otc	Studio 2	
20.30 - 21.30	Jazzercise	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.00 - 07.00	Triathlon Fit	Otc	Pool	£
10.00 - 10.45	RPM	Hec	Gym	
10.00 - 11.00	Body Combat	Hec	Studio 1	
10.00 - 11.00	Pilates	Hol	Studio 2	
11.10 - 12.10	Body Vive	Scc	Studio 1	
11.15 - 12.15	Tai Chi	Hol	Studio 2	
18.00 - 18.45	Keiser Cycling	Hec	Gym	
18.00 - 19.00	Body Pump	Scc	Studio 1	
18.00 - 18.55	Circuits	Hec	Studio 2	
19.00 - 20.00	Lose & Shape Up	Otc	Function Rooms	£
19.00 - 20.00	Body Combat	Hec	Studio 1	
19.00 - 20.00	Body Jam	Dan	Studio 2	
19.00 - 19.30	Group Exercise Welcome	Otc	Gym	
20.10 - 21.10	Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.45	Body Balance	Hol	Studio 2	
10.00 - 11.00	Body Step	Hec	Studio 1	
10.00 - 11.00	Pilates	Hol	Studio 2	
10.00 - 10.35	RPM Express	Hec	Gym	
11.00 - 11.45	Body Vive	Scc	Studio 1	
11.15 - 11.45	Group Exercise Welcome	Otc	Gym	
18.00 - 18.45	RPM	Hec	Gym	
18.00 - 19.00	Body Combat	Hec	Studio 1	
18.00 - 18.55	Body Jam	Dan	Studio 2	
19.00 - 20.00	Lose & Shape Up	Otc	Gym	£
19.00 - 20.00	Body Pump	Scc	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

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.30	Keiser Cycling	Hec	Gym	
09.30 - 10.15	Aqua	Scc	Pool	
09.30 - 10.25	Body Jam	Dan	Studio 1	
10.30 - 11.00	Keiser Cycling Express	Hec	Gym	
10.30 - 11.30	Body Conditioning	Scc	Studio 1	
11.00 - 12.00	Yoga	Hol	Studio 2	
17.00 - 17.30	RPM Express	Hec	Gym	*
17.30 - 18.30	Body Balance	Hol	Studio 2	
18.00 - 18.45	Keiser Cycling	Hec	Gym	*

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 10.45	Body Step	Hec	Studio 1	
10.00 - 10.45	RPM	Hec	Gym	
10.45 - 11.45	Body Pump	Scc	Studio 1	
11.00 - 12.00	Body Balance	Hol	Studio 1	
12.00 - 12.45	Body Combat	Hec	Studio 1	
13.15 - 14.00	Keiser Cycling	Hec	Gym	
14.00 - 15.00	Dance with David Lloyd	Dan	Studio 1	£
15.00 - 15.30	Dance with David Lloyd	Dan	Studio 1	£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.00 - 08.45	Keiser Cycling	Hec	Gym	
09.00 - 10.00	Body Attack	Hec	Studio 1	
10.00 - 11.00	Body Combat	Hec	Studio 1	*
10.00 - 10.45	Legs, Bums & Tums	Scc	Studio 2	*
10.15 - 11.00	Keiser Cycling	Hec	Gym	*
11.10 - 12.10	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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