DAVID LLOYD LEISURE - GLASGOW RENFREW - 0141 842 1400

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Aqua	Scc	Ind Pool	
10:00 - 10:55	Body Pump	Scc	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 2	
11:00 - 11:45	Group Cycling & Abs	Otc	Gym	
11:30 - 12:25	Yoga	Hol	Studio 2	
17:45 - 18:30	Body Attack Express	Hec	Studio 1	
18:00 - 18:45	Body Attack	Hec	Studio 2	
18:00 - 18:45	Group Cycling	Hec	Gym	
18:15 - 19:00	ViPR Taster	Otc	Studio 3	
18:30 - 19:00	Legs, Bums and Tums	Scc	Studio 1	
19:00 - 19:30	Lose & Shape Up Course	Otc	Func Rm	
19:00 - 19:55	Body Balance	Hol	Studio 2	
19:00 - 19:55	Body Pump	Scc	Studio 1	
19:15 - 20:00	RPM	Hec	Gym	
20:00 - 20:30	Kettle Bell	Scc	Studio 3	
20:00 - 20:55	Zumba	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Cross Training	Hec	Studio 3	
09:40 - 10:35	Boxercise	Hec	Studio 3	
10:00 - 10:55	Pilates	Hol	Studio 2 - Part B	
10:00 - 11:00	RPM	Hec	Gym	
10:15 - 11:00	Zumba	Dan	Studio 1	
11:05 - 11:50	ViPR Taster	Otc	Studio 3	
11:10 - 12:05	Mature Movers	Otc	Studio 1	
11:15 - 12:15	Tai Chi	Hol	Studio 2	
12:30 - 13:15	Body Attack Express	Hec	Studio 1	
17:45 - 18:30	Body Step	Hec	Studio 2	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:15 - 19:10	Circuits	Hec	Studio 3	
18:30 - 19:15	JUKARI Fit to Flex	Otc	Studio 2	
19:00 - 19:30	Group Exercise Welcome	Otc	Gym Desk	
19:00 - 19:55	Body Combat	Hec	Studio 1	
19:20 - 20:05	Body Jam Express	Dan	Studio 2	
20:10 - 21:05	Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	RPM	Hec	Gym	
09:30 - 10:15	Aqua	Scc	Ind Pool	
09:30 - 10:25	Hour of Power	Hec	Studio 3	
10:00 - 10:45	Body Attack	Hec	Studio 2	
10:15 - 11:10	Total Body Workout	Hec	Studio 1	
11:00 - 11:55	Pilates	Hol	Studio 2	
17:45 - 18:30	Aerobics	Hec	Studio 2	
18:10 - 19:05	Body Combat	Hec	Studio 1	
18:30 - 19:15	Pilates Fitness	Hol	Studio 2	
18:30 - 19:15	RPM	Hec	Cycle Studio	
19:15 - 20:00	ViPR Taster	Otc	Studio 3	
19:15 - 20:00	Zumba	Dan	Studio 1	
19:15 - 20:10	Body Balance	Hol	Studio 2	
20:00 - 20:45	Legs, Bums & Tums	Scc	Studio 1	
20:30 - 21:25	Jazzercise	Dan	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:25	Body Balance	Hol	Studio 2	
09:30 - 10:00	Kettle Bell	Scc	Studio 3	
09:45 - 10:30	Body Step	Hec	Studio 1	
10:00 - 10:30	Introduction to RPM	Hec	Gym	
10:00 - 10:55	Pilates	Hol	Studio 2	
10:15 - 11:15	Cross Training	Hec	Studio 3	
10:30 - 11:00	Abs & Back	Scc	Studio 1	
11:00 - 11:45	Mature Movers	Otc	Studio 1	
11:15 - 11:45	Group Exercise Welcome	Otc	Gym	
11:15 - 12:00	Body Balance Express	Hol	Studio 2	
17:30 - 18:00	Kettle Bell	Scc	Studio 3	
17:45 - 18:30	RPM	Hec	Gym	
18:00 - 18:55	Body Attack	Hec	Studio 1	
18:15 - 19:10	Body Jam	Dan	Studio 2	
18:35 - 19:30	Boxercise	Hec	Studio 3	
19:00 - 19:55	Body Pump	Scc	Studio 1	
19:15 - 20:00	Functional Conditioning	Scc	Studio 2	

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 JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycle Studio	
09:00 - 09:45	Aqua	Scc	Out Pool	
10:00 - 10:55	Body Jam	Dan	Studio 1	
11:00 - 11:55	Yoga	Hol	Studio 2	
17:30 - 18:25	Body Balance	Hol	Studio 2	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 08:45	Group Cycling	Hec	Cycle Studio	
09:00 - 09:55	Body Attack	Hec	Studio 1	
10:00 - 10:45	Legs, Bums and Tums	Scc	Studio 2	
10:00 - 10:55	Body Combat	Hec	Studio 1	
10:15 - 11:00	Group Cycling	Hec	Cycle Studio	
11:10 - 12:05	Body Pump	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:45	Body Step	Hec	Studio 1	
10:00 - 10:45	RPM	Hec	Gym	
10:45 - 11:40	Body Pump	Scc	Studio 1	
11:00 - 12:00	Body Balance	Hol	Studio 2	

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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