# DAVID LLOYD LEISURE - GLASGOW RENFREW - 0141 842 1400

## EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:30 - 10:15 | Aqua | Scc | 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 | |
| 18:30 - 19:00 | Legs, Bums and Tums | Scc | | |
| 19:00 - 19:55 | Body Balance | Hol | Studio 2 | |
| 19:05 - 20:00 | Body Pump | Scc | Studio 1 | |
| 19:15 - 20:00 | Family Cycle | Hec | | |
| 19:15 - 20:00 | Group Cycling | Hec | Gym | |
| 20:10 - 21:05 | 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 - 10:45 | RPM | Hec | Gym | |
| 10:00 - 10:55 | Pilates | Hol | | |
| 10:15 - 11:00 | Zumba | Dan | Studio 1 | |
| 10:50 - 11:20 | Abs & Back | Scc | Studio 3 | |
| 11:00 - 11:55 | Mature Movers | Otc | Studio 1 | |
| 11:15 - 12:10 | Tai Chi | Hol | | |
| 17:45 - 18:40 | Body Step | Hec | Studio 2 | |
| 18:00 - 18:45 | Group Cycling | Hec | Gym | |
| 18:00 - 18:55 | Body Pump | Scc | Studio 1 | |
| 18:15 - 19:10 | Hour of Power | Hec | Studio 3 | |
| 19:00 - 19:30 | Group Exercise Welcome | Otc | | |
| 19:00 - 19:55 | Body Combat | Hec | Studio 2 | |
| 19:10 - 20:05 | Body Jam | Dan | Studio 1 | |
| 20:00 - 20:55 | 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 - 10:55 | Body Attack | Hec | Studio 1 | |
| 17:45 - 18:30 | Aerobics | Hec | Studio 1 | |
| 18:30 - 19:15 | Pilates Fitness | Hol | Studio 1 | |
| 18:30 - 19:15 | RPM | Hec | Gym | |
| 19:15 - 20:00 | Zumba | Dan | Studio 1 | |
| 19:15 - 20:10 | Body Balance | Hol | Studio 2 | |
| 20:00 - 20:45 | Family Legs, Bums and Tums | Scc | | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:30 - 07:25 | Body Balance | Hol | Studio 2 | |
| 09:30 - 10:15 | RPM | Hec | Gym | |
| 10:00 - 10:55 | Body Step | Hec | Studio 1 | |
| 10:00 - 10:55 | Pilates | Hol | | |
| 10:15 - 11:15 | Cross Training | Hec | Studio 3 | |
| 11:00 - 11:30 | Group Exercise Welcome | Otc | Gym | |
| 11:00 - 11:45 | Mature Movers | Otc | Studio 1 | |
| 17:30 - 18:00 | Kettle Bell | Scc | | |
| 18:00 - 18:45 | RPM | Hec | Gym | |
| 18:00 - 18:55 | Body Attack | Hec | Studio 1 | |
| 19:00 - 19:55 | Boxercise | Hec | Studio 3 | |
| 19:00 - 19:55 | Pilates | Hol | | |

### 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 JANUARY - MARCH 2012

### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:30 - 07:15 | Group Cycling | Hec | Gym | |
| 09:30 - 10:15 | Aqua | Scc | Ind Pool | |
| 09:30 - 10:20 | Body Combat | Hec | | |
| 09:40 - 10:25 | Group Cycling | Hec | Gym | |
| 10:30 - 11:15 | Body Pump Express | Scc | | |
| 11:00 - 11:55 | Yoga | Hol | Studio 2 | |
| 16:30 - 17:25 | Hour of Power | Hec | Studio 3 | |
| 17:30 - 18:25 | Body Balance | Hol | Studio 2 | |
| 18:00 - 19:00 | Group Cycling | Hec | Gym | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 08:00 - 08:45 | Group Cycling | Hec | Gym | |
| 09:00 - 09:55 | Body Attack | Hec | Studio 1 | |
| 10:00 - 10:45 | Legs, Bums and Tums | Scc | | |
| 10:00 - 10:55 | Body Combat | Hec | Studio 1 | |
| 10:15 - 11:00 | Zone Cycling | Hec | | |
| 10:45 - 11:30 | Family Zumba (11yrs +) | Dan | | |
| 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 - 11:55 | Body Balance | Hol | Studio 2 | |
| 12:00 - 12:45 | Pilates Fitness | 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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