DAVID LLOYD - GLASGOW WEST END - 01415869090

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Body Combat	Hec	Studio	
1015-1100	Aqua	Scc	Pool	S
1030-1130	Body Pump	Scc	Studio	
1030-1130	Pilates	Hol	Kids Zone	
1245-1345	Hatha Yoga	Hol	Kids Zone	
1800-1900	Body Attack	Hec	Studio	*
1800-1830	Keiser Cycling Express	Hec	Gym	*
1800-1830	Group Exercise Welcome	Otc	Reception	*
1840-1940	Keiser Cycling	Hec	Gym	A
1845-1945	Body Balance	Hol	Kids Zone	
1900-2000	Body Pump	Scc	Studio	
2000-2100	Lose & Shape Up	Otc	Club Room/Gym	C,£
2000-2100	Yoga	Hol	Kids Zone	
2010-2110	Body Combat	Hec	Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Body Step	Hec	Studio	
0930-1015	Pilates	Hol	Kids Zone	
1030-1115	Body Conditioning	Scc	Studio	
1030-1115	Aqua	Scc	Pool	S
1115-1200	Body Vive	Scc	Studio	
1800-1845	Pilates Advanced	Hol	Kids Zone	A,*
1800-1845	Salsa Aerobics	Dan	Studio	*
1830-1930	Keiser Cycling	Hec	Gym	A
1900-1955	Body Step	Hec	Studio	
1900-2000	Lose & Shape Up	Otc	Club Room/Gym	C,£
1930-2000	Power Plate	Scc	Gym	C,£
2000-2030	Power Plate Advanced	Scc	Gym	C,£
2000-2100	Body Pump	Scc	Studio	
2000-2045	Body Balance	Hol	Kids Zone	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1015	Body Balance	Hol	Kids Zone	
0930-1030	Keiser Cycling & Abs	Hec	Gym	
1030-1130	Salsa Aerobics	Dan	Studio	
1100-1130	Group Exercise Welcome	Otc	Reception	
1800-1855	Body Pump	Scc	Studio	*
1900-2000	Ballroom Dancing	Dan	Club Room	C,£
1900-2000	Ashtanga Yoga	Hol	Kids Zone	A
1905-2000	Body Attack	Hec	Studio	
1910-2010	Keiser Cycling	Hec	Gym	A
2000-2045	Training Club	Otc	Studio	C

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Body Attack	Hec	Studio	*
0930-1030	Keiser Cycling & Abs	Hec	Gym	*
1030-1115	Body Balance	Hol	Kids Zone	
1030-1115	Aerobics	Hec	Studio	S
1115-1145	Mature Movers	Scc	Kids Zone	S
1815-1900	Keiser Cycling	Hec	Gym	*
1845-1945	Ashtanga Yoga	Hol	Kids Zone	A
1900-1915	Introduction to Body Combat	Hec	Studio	
1915-2015	Body Combat	Hec	Studio	
2000-2100	Pilates	Hol	Kids Zone	

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
0930-1030	Body Combat	Hec	Studio	
0930-1015	Pilates	Hol	Kids Zone	
0930-1015	Keiser Cycling	Hec	Gym	
1030-1115	Body Vive	Scc	Kids Zone	
1030-1115	Aqua	Scc	Pool	S
1030-1130	Body Pump	Scc	Gym	
1130-1215	Legs, Bums & Tums	Scc	Studio	
1730-1815	Body Balance	Hol	Kids Zone	*
1815-1915	Body Pump	Scc	Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Yoga	Hol	Kids Zone	
1000-1100	Legs, Bums & Tums	Scc	Studio	
1000-1045	Keiser Cycling	Hec	Gym	A
1100-1200	Body Pump	Scc	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-0955	Body Step	Hec	Studio	*
0900-0945	Pilates Advanced	Hol	Kids Zone	A,*
1000-1100	Keiser Cycling & Abs	Hec	Gym	*
1000-1100	Body Combat	Hec	Studio	*
1000-1045	Pilates	Hol	Kids Zone	*
1100-1200	Body Pump	Scc	Studio	*
1100-1130	Group Exercise Welcome	Otc	Reception	

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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