# DAVID LLOYD LEISURE - HAMPTON - 0845 230 9111

## EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:15 - 10:00 | RPM | Hec | Cycle Studio | |
| 09:45 - 10:30 | Body Combat Express | Hec | Main Studio | |
| 10:30 - 11:30 | Body Pump | Scc | Main Studio | |
| 10:30 - 11:30 | Pilates Intermediate | Hol | Wellness Studio | |
| 11:45 - 12:30 | JUKARI Fit to Flex | Otc | Main Studio | |
| 12:30 - 13:30 | Pilates Intermediate | Hol | Wellness Studio | |
| 18:15 - 19:00 | RPM | Hec | Cycle Studio | |
| 18:15 - 19:30 | Yoga | Hol | Wellness Studio | |
| 19:15 - 20:15 | Body Combat | Hec | Main Studio | |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 07:00 - 08:15 | Yoga | Hol | Wellness Studio | |
| 09:15 - 10:15 | Pilates Intermediate | Hol | Wellness Studio | |
| 09:45 - 10:30 | RPM | Hec | Cycle Studio | |
| 10:00 - 10:45 | Aqua | Scc | Ind Pool | |
| 10:30 - 12:00 | Hatha Yoga | Hol | Wellness Studio | |
| 11:45 - 12:45 | Body Pump | Scc | Main Studio | |
| 13:00 - 14:30 | Hatha Yoga | Hol | Wellness Studio | |
| 19:00 - 19:45 | Aqua | Scc | Ind Pool | |
| 19:00 - 19:45 | RPM | Hec | Cycle Studio | |
| 19:00 - 20:00 | Zumba | Dan | Main Studio | |
| 19:00 - 20:30 | Dynamic Yoga | Hol | Wellness Studio | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 07:00 - 07:45 | Group Cycling | Hec | Cycling Studio | |
| 09:00 - 10:30 | Dynamic Yoga | Hol | Wellness Studio | |
| 09:30 - 10:15 | Aqua | Scc | Ind Pool | |
| 09:30 - 10:30 | Body Combat | Hec | Main Studio | |
| 10:30 - 11:15 | Group Cycling | Hec | Cycling Studio | |
| 10:30 - 11:30 | Pilates Advanced | Hol | Wellness Studio | |
| 10:30 - 11:30 | Zumba | Dan | Main Studio | |
| 11:30 - 12:30 | Pilates Intermediate | Hol | Wellness Studio | |
| 12:30 - 13:30 | Pilates Beginners | Hol | Wellness Studio | |
| 17:45 - 18:30 | JUKARI Fit to Flex | Otc | Main Studio | |
| 18:20 - 19:05 | RPM | Hec | Cycle Studio | |
| 18:30 - 19:45 | Yoga Beginners | Hol | Wellness Studio | |
| 19:15 - 20:00 | Body Combat Express | Hec | Main Studio | |
| 19:30 - 20:30 | Pilates Intermediate | Hol | Wellness Studio | |
| 20:00 - 21:00 | Body Pump | Scc | Main Studio | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:30 - 10:30 | Body Balance | Hol | Wellness Studio | |
| 09:30 - 10:30 | Body Pump | Scc | Main Studio | |
| 09:30 - 10:30 | Running Club | Otc | Rec | |
| 10:00 - 10:45 | Aqua | Scc | Ind Pool | |
| 10:30 - 11:30 | Group Cycling | Hec | Cycling Studio | |
| 10:30 - 11:30 | Pilates Intermediate | Hol | Wellness Studio | |
| 10:30 - 11:30 | Zumba | Dan | Main Studio | |
| 12:30 - 13:15 | JUKARI Fit to Flex | Otc | Main Studio | |
| 13:00 - 14:30 | Hatha Yoga | Hol | Wellness Studio | |
| 16:00 - 16:45 | Core Stability | Scc | Main Studio | |
| 18:00 - 19:00 | Body Pump | Scc | Main Studio | |
| 18:30 - 19:30 | Body Balance | Hol | Wellness Studio | |
| 19:00 - 20:00 | Zumba | Dan | Main Studio | |
| 19:30 - 20:30 | Tai Chi | Hol | Wellness 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

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## EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:30 - 10:15 | Aqua | Scc | Ind Pool | |
| 09:30 - 10:30 | Body Attack | Hec | Main Studio | |
| 09:30 - 10:30 | Pilates Intermediate | Hol | Wellness Studio | |
| 10:30 - 11:15 | RPM | Hec | Cycle Studio | |
| 10:30 - 11:45 | Hatha Yoga | Hol | Wellness Studio | |
| 11:45 - 12:45 | Pilates Intermediate | Hol | Wellness Studio | |
| 12:00 - 13:00 | Tai Chi | Hol | Main Studio | |
| 18:00 - 18:45 | RPM | Hec | Cycle Studio | |
| 18:30 - 19:45 | Dynamic Yoga | Hol | Wellness Studio | |
| 19:00 - 20:30 | Karate | Hec | Main Studio | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 08:45 - 10:15 | Dynamic Yoga | Hol | Wellness Studio | |
| 09:00 - 10:00 | Body Combat | Hec | Main Studio | |
| 09:00 - 10:00 | RPM | Hec | Cycling Studio | |
| 10:00 - 11:00 | Body Pump | Scc | Main Studio | |
| 10:30 - 11:30 | Pilates Intermediate | Hol | Wellness Studio | |
| 11:30 - 12:30 | Body Balance | Hol | Wellness Studio | |

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:00 - 10:30 | Hatha Yoga | Hol | Wellness Studio | |
| 09:30 - 10:30 | Body Attack | Hec | Main Studio | |
| 10:30 - 11:30 | Body Balance | Hol | Wellness Studio | |
| 10:30 - 11:30 | Group Cycling | Hec | Cycling Studio | |
| 15:00 - 16:00 | Pilates Beginners | Hol | Wellness Studio | |
| 16:00 - 17:00 | Pilates Intermediate | Hol | Wellness Studio | |
| 17:00 - 18:30 | Astanga Yoga | Hol | Wellness Studio | |
| 17:30 - 18:00 | Body Pump | Scc | Main Studio | |
| 18:00 - 19:00 | Body Pump | Scc | Main Studio | |

### 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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