DAVID LLOYD - HATFIELD - 01707 255 140

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Keiser Cycling	Hec	Gym	
07.30 - 08.00	Power Plate	Scc	Gym	£ / C
08.00 - 08.30	Power Plate	Scc	Gym	£ / C
09.30 - 10.15	Aerobics Express	Hec	Studio	
09.45 - 10.30	Keiser Cycling	Hec	Spinning Zone	
10.15 - 11.00	Body Balance Express	Hol	Studio	
10.30 - 11.00	Senior Conditioning	Scc	Gym	S
11.00 - 11.30	Senior Cycling	Hec	Spinning Zone	S
11.00 - 11.45	Body Pump Express	Scc	Studio	
11.50 - 12.35	Body Jam Express	Dan	Studio	
12.30- 13.30	Running Club	Otc	Gym	
12.35 - 13.15	Dance Fit	Dan	Studio	
13.30 - 14.30	Yoga	Hol	Studio	
17.00 - 18.00	Senior Club	Otc	Studio	£/S
18.00 - 18.45	Beginners Group Cycling	Hec	Spinning Zone	*
18.00 - 18.45	Tri Class	Hec	Studio	*
18.45 - 19.30	Body Attack Express	Hec	Studio	
19.00 - 19.45	Keiser Cycling Advanced	Hec	Spinning Zone	A
19.30 - 20.15	Body Pump Express	Scc	Studio	
20.15- 21.15	Yoga	Hol	Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Cross Training	Hec	Gym	
09.20 - 09.30	Introduction to Body Combat	Hec	Studio	
09.30 - 10.30	Body Combat	Hec	Studio	*
10.00 - 10.45	Aqua	Scc	Pool	
10.00 - 11.00	Multi Circuits	Hec	Studio	
10.30 - 11.30	Pilates Reformer	Hol	Reformer Studio	£ / C
10.30 - 11.30	Tai Chi	Hol	Studio	
11.30 - 12.15	Body Vive Express	Scc	Studio	
12.15 - 13.15	Pilates	Hol	Studio	
12.30 - 13.30	Swim Fit	Otc	Pool	
13.00 - 14.00	Group Exercise Welcome	Otc	Lounge	
13.00 - 14.00	Lose & Shape Up	Otc	Lounge	
18.00 - 18.45	Body Combat	Hec	Studio	
18.45 - 19.45	Tri Class	Hec	Studio	
19.00 - 19.30	Power Plate	Scc	Gym	£ / C
19.00 - 19.45	Running Club	Otc	gym	
19.00 - 20.00	Lose & Shape Up	Otc	Lounge	£ / C
19.45 - 20.00	Legs, Bums & Tums	Scc	Studio	
20.00 - 20.45	Keiser Cycling	Hec	Spinning Zone	
20.30 - 21.15	Pilates	Hol	Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Multi Circuits	Hec	Gym	
09.30 - 10.15	Body Attack Express	Hec	Studio	
10.00 - 10.45	Keiser Cycling	Hec	Spinning Zone	
10.15 - 10.45	Core Stability	Scc	Studio	
10.45 - 11.45	Legs, Bums & Tums	Scc	Studio	
11.45 - 12.45	Body Balance	Hol	Studio	
12.30 - 13.15	Run Fit	Otc	Gym	
18.00 - 19.00	Body Pump	Scc		*
18.30 - 19.15	Aqua	Scc	Pool	
18.30 - 19.15	Group Exercise Welcome	Otc	Lounge	
18.30 - 19.15	Lose & Shape Up	Otc	Lounge	
19.00 - 19.45	Pilates	Hol	Studio	
19.15 - 20.00	Keiser Cycling	Hec	Spinning Zone	
19.45 - 20.45	Salsa Aerobics	Dan	Studio	
20.00 - 20.45	Multi Circuits	Hec	Gym	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Multi Circuits	Hec	Gym	
09.30 - 10.30	Total Body Workout	Hec	Studio	
10.00 - 11.00	Multi Circuits	Hec	Gym	
10.30 - 11.30	Legs, Bums & Tums	Scc	Studio	
10.30 - 11.15	Aqua	Scc	Pool	
11.30 - 12.30	Dance Fit	Dan	Studio	
12.30 - 13.30	Yoga	Hol	Studio	
12.30 - 13.30	Swim Fit	Otc	Pool	
17.00 - 17.55	Body Conditioning	Scc	Studio	
18.00 - 18.55	Body Jam	Dan	Studio	*
19.00 19.30	Power Plate	Scc	Gym	£/C
19.00 - 20.00	Lose & Shape Up	Otc	Gym	£/C
19.00 - 19.55	Body Combat	Hec	Studio	
19.30 - 20.00	Power Plate	Scc	Gym	£/C
19.30 - 20.15	Keiser Cycling	Hec	Spinning Zone	
20.00 - 20.55	Body Balance	Hol	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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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Keiser Cycling	Hec	Spinning Zone	
09.30 - 10.30	Body Combat	Hec	Studio	
09.45 - 10.45	Multi Circuits	Hec	Gym	
10.30 - 11.00	Senior Conditioning	Scc	Studio	S
11.00 - 11.30	Power Plate	Scc	Gym	£ / C
11.00 - 11.30	Coffee Club	Otc	Lounge	S
11.00 - 12.00	Body Vive	Scc	Studio	
11.30 - 12.00	Power Plate	Scc	Gym	£ / C
12.00 - 13.00	Pilates	Hol	Studio	
12.45 - 13.30	Running Club	Otc	Reception	
17.15 - 18.00	Tri Class	Hec	Studio	*
18.00 - 19.00	Boot Camp	Hec		*

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.30	Body Attack	Hec	Studio	
10.30 - 11.30	Total Body Workout	Hec	Studio	*
11.30 - 12.30	Pilates	Hol	Studio	*
14.00 - 15.00	Tai Chi	Hol	Studio	
18.00 - 19.00	Dance with David Lloyd	Dan	Studio	£ / C

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.30	Circuits	Hec	Studio	
10.00 - 10.45	Keiser Cycling	Hec	Spinning Zone	
10.40 - 11.40	Body Pump	Scc	Studio	*
11.50 - 12.50	Body Combat	Hec	Studio	
13.00 - 14.30	Yoga	Hol	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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