DAVID LLOYD LEISURE - HATFIELD - 01707 255140

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Gym Area 1	
09:30 - 10:30	Body Combat	Hec	Studio 1	
10:00 - 10:45	Aqua	Scc	Pool	
10:00 - 10:55	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Pilates Reformer	Hol	Pilates Reformer Studio	
10:30 - 11:30	JUKARI Fit to Flex	Otc	Studio 1	
11:00 - 11:45	ViPR Taster	Otc	Gym	
12:15 - 13:15	Pilates	Hol	Studio 1	
13:00 - 13:45	Lose & Shape Up Seminar	Otc		
13:00 - 13:55	Pilates Reformer	Hol	Pilates Reformer Studio	
13:00 - 14:00	Group Exercise Welcome	Otc	Lounge	
18:00 - 18:45	Body Combat Express	Hec	Studio	
18:30 - 19:15	Running Club	Otc	Gym Area 1	
18:45 - 19:45	Tri Class	Hec	Studio 1	
19:00 - 19:55	Pilates Reformer	Hol	Pilates Reformer Studio	
19:30 - 20:25	Group Cycling	Hec	Cycle Studio	
19:45 - 20:45	Legs, Bums & Tums	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Cross Training	Hec	Gym	
08:00 - 08:45	Power Plate Taster	Otc	Gym	
09:30 - 10:30	Body Attack	Hec	Studio 1	
10:00 - 10:55	Group Cycling	Hec	Cycle Studio	
10:45 - 11:45	Legs, Bums & Tums	Scc	Studio 1	
11:45 - 12:45	Body Balance	Hol	Studio 1	
12:30 - 13:15	Running Club	Otc	Gym	
18:00 - 18:30	Power Plate Course	Otc	Gym	
18:00 - 19:00	Body Pump	Scc	Studio 1	
18:30 - 19:15	Lose & Shape Up Seminar	Otc		
18:30 - 19:30	Group Exercise Welcome	Otc	Lounge	
19:00 - 19:45	Pilates	Hol	Studio 1	
19:15 - 20:00	Group Cycling Advanced	Otc	Cycle Studio	
20:00 - 20:45	JUKARI Fit to Flex	Otc	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Gym Area 1	
09:30 - 10:15	ViPR Course	Otc	Sq Crt 1	
10:00 - 11:00	Circuits	Hec	Gym	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:30	Legs, Bums & Tums	Scc	Studio 1	
12:00 - 13:00	Yoga	Hol	Studio 1	
18:30 - 19:15	Body Jam Express	Dan	Studio 1	
19:30 - 20:25	Group Cycling	Hec	Cycle Studio	
20:00 - 21:00	Body Balance	Hol	Studio 1	

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
DAVIDLLOYD.CO.UK

DAVID LLOYD LEISURE - HATFIELD - 01707 255140

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Group Cycling	Hec	Cycle Studio	
07:00 - 07:55	Pilates Reformer	Hol	Pilates Reformer Studio	
09:30 - 10:15	Circuits	Hec	Gym Area 1	
09:30 - 10:30	Body Combat	Hec	Studio 1	
10:30 - 11:00	Senior Conditioning	Scc	Studio	
10:30 - 11:25	Pilates Reformer	Hol	Pilates Reformer Studio	
11:15 - 11:45	Coffee Club	Otc	Lounge	
11:15 - 12:00	Body Pump Express	Scc	Studio 1	
12:00 - 13:00	Pilates	Hol	Studio 1	
12:30 - 13:15	Running Club	Otc	Gym	
17:15 - 18:15	Tri Class	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:15 - 11:10	Group Cycling	Hec	Cycle Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

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.

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
DAVIDLLOYD.CO.UK