DAVID LLOYD LEISURE - HATFIELD - 01707 255140

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Zone Cycling	Hec	Cycle Studio	
09:30 - 10:15	Aqua Zumba	Dan	Ind Pool	
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:00 - 10:55	Group Cycling	Hec	Spin Area	
10:00 - 10:55	Pilates Reformer	Hol	Pilates Reformer Studio	£
10:30 - 11:15	Senior Conditioning	Scc	Gym Area 1 - Part A	
10:30 - 11:30	Body Balance	Hol	Studio 1	
11:30 - 12:30	Zumba	Dan		
12:30 - 13:25	Dynamic Yoga	Hol	Studio 1	
18:00 - 18:45	ViPR Taster	Otc	Gym	
18:00 - 18:55	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Total Body Workout	Hec	Studio 1	
19:00 - 19:45	Group Cycling Advanced	Otc	Cycle Studio	
19:00 - 19:45	Power Plate Taster	Otc	Gym Area 2 - Part B	
19:00 - 19:55	Pilates Reformer	Hol		£
19:00 - 20:00	Body Attack	Hec	Studio 1	
19:00 - 20:00	Lose & Shape Up	Otc	Func Rm	£
20:00 - 21:00	Pilates	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:50	Circuits	Hec	Gym Area 1	
09:30 - 10:15	Senior Conditioning	Scc	Gym Area 1 - Part B	
09:30 - 10:30	Body Combat	Hec	Studio 1	
10:00 - 10:45	Power Plate Taster	Otc	Gym	
10:00 - 10:50	Group Cycling & Abs	Otc		
10:00 - 10:55	Pilates Reformer	Hol		£
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:30	Step	Hec	Studio 1	
11:00 - 11:45	Lose & Shape Up Seminar	Otc		
11:30 - 12:15	ViPR Taster	Otc	Gym	
11:30 - 12:30	Pilates	Hol	Studio 1	
18:00 - 18:45	Circuits	Hec	Gym	
18:00 - 19:00	Body Combat	Hec	Studio 1	
19:00 - 20:00	Body Pump	Scc	Studio 1	
19:15 - 20:10	Group Cycling	Hec	Cycle Studio	
19:30 - 20:25	Pilates Reformer	Hol		£
20:00 - 21:00	Zumba	Dan	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Cross Training	Hec	Gym	
09:30 - 10:30	Body Attack	Hec	Studio 1	
10:00 - 10:45	Zone Cycling	Hec	Cycle Studio	
10:30 - 11:30	Legs, Bums & Tums	Scc	Studio 1	
11:45 - 12:30	Body Balance Express	Hol		
12:30 - 13:30	Running Club	Otc	Gym Area 1	
18:00 - 18:45	Group Exercise Welcome	Otc		
18:00 - 19:00	Body Pump	Scc	Studio 1	
19:00 - 19:45	Circuits	Hec	Gym Area 1	
19:00 - 19:45	Pilates	Hol	Studio 1	
19:45 - 20:30	Legs, Bums & Tums	Scc	Studio 1 - Part A	
20:30 - 21:30	Hatha Yoga	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:50	Circuits	Hec	Gym Area 1	
09:30 - 10:30	Zumba	Dan	Studio 1	
10:00 - 11:00	Multi Circuits	Hec	Gym	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:30	Total Body Workout	Hec	Studio 1	
12:00 - 13:00	Hatha Yoga	Hol	Studio 1	
13:00 - 13:45	Group Exercise Welcome	Otc		
18:00 - 18:45	Zone Cycling	Hec	Cycle Studio	
18:00 - 19:00	Step	Hec	Studio 1	
19:00 - 19:45	Running Club	Otc		
19:00 - 20:00	Body Combat	Hec	Studio 1	
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

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Triathlon Class	Otc	Gym	
09:30 - 10:20	Circuits	Hec	Gym	
09:30 - 10:30	Body Combat	Hec	Studio 1	
10:30 - 11:15	Senior Conditioning	Scc	Studio 1	
10:30 - 11:25	Pilates Reformer	Hol		£
11:15 - 11:45	Coffee Club	Otc		
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	Total Body Workout	Hec	Studio 1	
18:15 - 19:00	Pilates	Hol	Studio 1 - Part C	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Circuits	Hec	Gym Area 1	
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:15 - 11:00	Group Cycling	Hec	Spin Studio	
10:40 - 11:40	Body Combat	Hec	Studio 1	
11:00 - 11:55	Pilates Reformer	Hol		£
12:00 - 13:15	Dynamic Yoga	Hol	Studio 1	
17:00 - 17:45	Group Cycling	Hec	Gym	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Attack	Hec	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Spin Area	
10:30 - 11:30	Total Body Workout	Hec	Studio 1	
11:30 - 12:30	Body Balance	Hol	Studio 1	

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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