DAVID LLOYD - HESTON - 020 8573 9378

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.15-07.00	Keiser Cycling	Hec	Spin Studio	
07.00-07.55	Body Balance	Hol	Studio 1	
09.35-10.25	Body Conditioning	Scc	Studio 1	*
10.35-11.25	Body Combat	Hec	Studio 1	*
11.30-12.25	Pilates	Hol	Studio 2	
12.30-13.00	Aqua	Scc	Pool	
17.00-17.55	Body Balance	Hol	Studio 1	*
18.00-18.45	Body Step	Hec	Studio 1	*
18.30-19.25	Yoga	Hol	Studio 2	
19.00-19.45	Aqua	Scc	Pool	
19.00-19.55	Bollywood Dance	Dan	Studio 1	
19.00-19.55	RPM	Hec	Spin Studio	
20.00-20.55	Body Conditioning	Scc	Studio 1	
20.00-20.55	Hatha Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Multi Circuits	Hec	Studio 1	
09.35-10.25	Pilates	Hol	Studio 1	*
10.05 -10.55	Legs, Bums & Tums	Scc	Studio 1	*
11.00-11.55	YogaMoves	Hol	Studio 2	
12.00-12.55	Pilates	Hol	Studio 2	
12.15-13.10	Body Pump	Scc	Studio 1	
17.00-17.55	Group Exercise Welcome	Otc	Club Room	*
18.00-18.55	Body Combat	Hec	Studio 1	*
18.00-18.55	Body Balance	Hol	Studio 2	*
18.15-19.00	Keiser Cycling	Hec	Spin Studio	*
18.30-19.25	Lose & Shape Up	Otc	Campus	£ C
19.00-19.55	Body Pump	Scc	Studio 1	
19.00-19.55	Yoga	Hol	Studio 2	
19.15-20.00	Aqua	Scc	Pool	
19.30-20.25	Keiser Cycling Advanced	Hec	Spin Studio	
20.00-20.55	Body Jam	Dan	Studio 1	
20.30-21.15	Abs & Stretch	Scc	Gym	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Body Pump	Scc	Studio 1	
10.00-10.55	Body Pump	Scc	Studio 1	
11.00-11.55	Body Combat	Hec	Studio 1	
11.00-11.55	Aerobics	Hec	Studio 2	
12.15-13.10	Body Balance	Hol	Studio 2	
18.00-18.55	Body Pump	Scc	Studio 1	
18.30-18.55	Abs & Stretch	Scc	Studio 2	*
19.00-19.55	Body Balance	Hol	Studio 1	
19.00-19.55	Kundalini Yoga	Hol	Studio 3	
19.00-20.25	Boxercise	Hec	Studio 2	
20.00- 20.55	Body Combat	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.55	Pilates	Hol	studio 1	
10.00-10.55	Body Pump	Scc	Studio 1	
11.00-11.55	Body Vive	Scc	studio 1	
11.15-12.00	Beginners Group Cycling	Hec	Spin Studio	
12.30-13.15	Multi Circuits	Hec	Studio 1	
17.00-17.55	Legs, Bums & Tums	Scc	Studio 1	*
18.00-18.55	Body Combat	Hec	Studio 1	*
18.15-18.55	Belly Dancing	Dan	Studio 2	*
18.15-19.10	RPM	Hec	Spin Studio	*
19.15-20.00	Pilates	Hol	Studio 2	
19.30-20.15	Keiser Cycling	Hec	Spin Studio	
19.30-20.25	Body Conditioning	Scc	Studio 1	
20.30-21.25	Boxercise	Hec	Studio 1	
20.30-21.45	Yoga	Hol	Studio 2	

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
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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.55	Body Combat	Hec	Studio 1	
10.05- 10.50	Aqua	Scc	Pool	*
10.05-10.50	Step	Hec	Studio 1	*
11.00-11.55	Body Combat	Hec	Studio 1	
11.00-11.55	Group Exercise Welcome	Otc	Club Room	
11.30-12.25	Pilates	Hol	Studio 2	
12.15-13.10	Body Pump	Scc	Studio 1	
18.00-18.55	Body Pump	Scc	Studio 1	*
19.30-20.45	Yoga	Hol	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-10.10	Body Conditioning	Scc	Studio 1	
10.30-11.25	Body Balance	Hol	Studio 1	*
10.30-11.25	Keiser Cycling	Hec	Spin Studio	*
11.30-12.25	Body Combat	Hec	Studio 1	*
11.45-12.30	Aqua	Scc	Pool	
13.00-13.55	Lose & Shape Up	Otc	Campus	£ C
14.00-14.55	Lose & Shape Up	Otc	Studio 1	
16.00-16.55	Karate	Hec	Studio 1	£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-09.45	Body Combat	Hec	Studio 1	
10.00-11.00	Tai Chi	Hol	Studio 3	*
10.05-10.55	Keiser Cycling	Hec	Spin Studio	*
10.05- 10.55	Step	Hec	Studio 1	*
11.00-11.55	Hatha Yoga	Hol	Studio 3	*
11.05-11.25	Abs & Stretch	Scc	Studio 1	*
11.45-12.30	Adult Swim	Otc	Main Pool	£
12.30-13.00	Adult Swim	Otc	Main Pool	£
13.00-13.55	Lose & Shape Up	Otc	Studio 1	£ C

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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