DAVID LLOYD LEISURE - HIGH WYCOMBE - 01628 524411

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Attack	Hec	Main Studio	
09:30 - 10:30	Group Cycling	Hec	Cycle Studio	
09:30 - 10:30	Pilates	Hol	Mind & Body Studio	
10:30 - 11:30	Body Pump	Scc	Main Studio	
10:30 - 11:30	Pilates	Hol	Mind & Body Studio	
11:30 - 12:25	Body Balance	Hol	Main Studio	
14:00 - 15:00	Pilates	Hol	Mind & Body Studio	
18:00 - 19:00	Pilates	Hol	Mind & Body Studio	
18:30 - 19:30	Beginners Jogging	Otc	Outside	
19:00 - 19:30	Abs & Back	Scc	M&B Studio	
19:00 - 19:45	Aqua	Scc	Ind Pool	
19:00 - 20:00	Group Cycling	Hec	Cycle Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Group Cycling	Hec	Cycle Studio	
09:30 - 10:30	Body Pump	Scc	Main Studio	
09:30 - 10:30	Pilates	Hol	Mind & Body Studio	
09:30 - 11:00	Power Walking	Hec	Outside	
11:00 - 11:55	Senior Conditioning	Scc	Main Studio	
11:00 - 12:00	Group Cycling	Hec	Cycle Studio	
12:00 - 12:45	Aqua	Scc	Ind Pool	
12:00 - 13:30	Iyengar Yoga	Hol	Mind & Body Studio	
13:30 - 14:30	Pilates	Hol	Mind & Body Studio	
18:00 - 18:30	Power Plate	Scc		£
18:00 - 18:55	Street Dance	Dan	Main Studio	
18:00 - 19:00	Pilates	Hol	Mind & Body Studio	
18:30 - 19:30	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Yoga	Hol	Mind & Body Studio	
19:05 - 20:00	Boxercise	Hec	Main Studio	
20:00 - 21:00	Pilates	Hol	Mind & Body Studio	
20:01 - 20:56	Lose & Shape Up	Otc	Main Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Conditioning	Scc	Main Studio	
09:30 - 10:25	JUKARI Fit to Flex	Otc	Mind & Body Studio	
10:30 - 11:00	Hula	Otc	Main Studio	
10:30 - 11:15	Aqua	Scc	Ind Pool	
10:30 - 11:30	Group Cycling	Hec	Cycle Studio	
10:30 - 11:30	Pilates	Hol	Mind & Body Studio	
11:00 - 11:30	Hula	Otc	Main Studio	
11:30 - 12:25	Body Balance	Hol	Main Studio	
11:30 - 12:30	Pilates	Hol	Mind & Body Studio	
12:30 - 13:30	Body Pump	Scc	Main Studio	
12:30 - 13:30	Core Stability	Scc	Mind & Body Studio	
18:00 - 18:55	Aerobics	Hec	Main Studio	
18:00 - 19:00	Pilates	Hol	Mind & Body Studio	
18:30 - 19:30	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Body Balance	Hol	Mind & Body Studio	
19:00 - 19:55	Suspension Training Course	Otc	Main Studio	
20:00 - 20:30	Suspension Training Taster	Otc	Main Studio	
20:00 - 21:00	ViPR Course	Otc	M&B Studio	£
20:30 - 21:30	Salsa Aerobics	Dan	Main Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Circuits	Hec	Main Studio	
09:30 - 10:25	Boxercise	Hec	Main Studio	
09:30 - 10:30	Core Stability	Scc	Mind & Body Studio	
09:30 - 10:30	Group Cycling	Hec	Cycle Studio	
10:30 - 11:00	Power Plate	Scc		£
10:30 - 12:00	Iyengar Yoga	Hol	Mind & Body Studio	
11:00 - 11:45	Aqua	Scc	Ind Pool	
11:30 - 12:25	Salsa Dancing	Dan	Main Studio	
12:00 - 13:00	Pilates	Hol	Mind & Body Studio	
13:00 - 14:00	Pilates	Hol	Mind & Body Studio	
18:00 - 18:30	Hula	Otc	Main Studio	
18:30 - 19:00	Hula	Otc	Main Studio	
18:30 - 19:30	Group Cycling	Hec	Cycle Studio	
19:00 - 19:45	Aqua	Scc	Ind Pool	
19:05 - 20:05	Pilates	Hol	Mind & Body Studio	
19:30 - 20:30	Body Pump	Scc	Main 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 - 10:45	Circuits	Hec	Main Studio	
09:45 - 10:45	Pilates	Hol	Mind & Body Studio	
10:15 - 11:00	Aqua	Scc	Ind Pool	
10:30 - 11:30	Group Cycling	Hec	Cycle Studio	
10:45 - 11:40	Body Balance	Hol	Main Studio	
11:00 - 12:00	Pilates	Hol	Mind & Body Studio	
11:45 - 12:30	Body Pump	Scc	Main Studio	
12:00 - 13:00	Yoga	Hol	Mind & Body Studio	
13:00 - 14:00	Pilates	Hol	Mind & Body Studio	
17:45 - 18:30	ViPR Taster	Otc	M&B Studio	
18:15 - 19:15	Latin Fit	Otc	Main Studio	
18:30 - 19:30	Group Cycling	Hec	Cycle Studio	
18:30 - 20:00	Adult Football	Otc	Out Crt 1	
19:30 - 20:25	Hatha Yoga	Hol	Main Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	JUKARI Fit to Flex	Otc	Mind & Body Studio	
09:30 - 10:30	Group Cycling	Hec	Cycle Studio	
10:30 - 11:30	Body Pump	Scc	Main Studio	
11:00 - 12:00	Pilates	Hol	Mind & Body Studio	
14:00 - 14:55	Street Dance	Dan	Main Studio	
15:30 - 16:25	Body Balance	Hol	Main Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:15	Body Pump	Scc	Main Studio	
10:15 - 11:10	RPM	Hec	Cycle Studio	
17:00 - 17:55	Hatha Yoga	Hol	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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