DAVID LLOYD - HULL - 01482 625200

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	Hec	Gym	
09.30-10.30	Step	Hec	Studio 1	
10.30-11.30	Pilates Fitness	Hol	Studio 2	
10.30-11.30	Body Pump	Scc	Studio 1	
11.30-12.30	Senior Club	Otc	Studio 1	S
17.30-18.30	Body Pump	Scc	Studio 1	*
18.30-19.00	Adult Swim	Otc	Pool	£ C
18.30-19.30	Body Attack	Hec	Studio 1	*
18.30-19.30	Ashtanga Yoga	Hol	Studio 2	*
19.00-19.45	Keiser Cycling	Hec	Gym	
19.30-20.30	Body Balance	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	Hec	Gym	
09.30-10.30	Aerobics	Hec	Studio 1	
09.30-10.15	RPM	Hec	Gym	
09.30-10.30	Hatha Yoga	Hol	Studio 2	
10.30-11.30	Body Pump	Scc	Studio 1	
11.40-12.40	Tai Chi	Hol	Studio 1	
12.00-13.00	Group Exercise Welcome	Otc	Gym	
12.15-13.00	Aqua	Scc	Pool	
17.30-18.30	Body Attack	Hec	Studio 1	
17.30-18.30	Group Exercise Welcome	Otc	Gym	
17.40-19.00	Hatha Yoga	Hol	Studio 2	
18.30-19.15	RPM	Hec	Gym	
18.30-19.30	Body Pump	Scc	Studio 1	*

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.45	Body Pump	Scc	Studio 1	
09.30-10.30	Core Stability	Scc	Studio 1	
10.00-10.45	Keiser Cycling	Hec	Gym	
10.30-11.30	Body Balance	Hol	Studio 1	
11.00-11.45	Aqua	Scc	Pool	
17.30-18.30	Core Stability	Scc	Studio 1	*
17.40-18.25	RPM	Hec	Gym	
18.30-19.30	Body Combat	Hec	Studio 1	*
19.00-20.00	Lose & Shape Up	Otc	Function Room	£ C
19.30-20.30	Body Pump	Scc	Studio 1	
19.30-21.00	Triathlon Fit	Otc	Gym/Pool	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.45	Pilates Fitness	Hol	Studio 1	
09.30-10.30	Step	Hec	Studio 1	
09.30-10.15	Aqua	Scc	Pool	
10.30-11.30	Body Balance	Hol	Studio 1	
10.30-11.15	Keiser Cycling	Hec	Gym	*
17.30-18.30	Tai Chi	Hol	Studio 1	*
17.40-18.25	Keiser Cycling	Hec	Gym	
18.30-19.30	Body Combat	Hec	Studio 1	
18.30-19.30	Pilates Fitness	Hol	Studio 2	
19.00-20.00	Lose & Shape Up	Otc	Function Room	£ C
19.30-20.30	Body Balance	Hol	Studio 1	
19.30-20.30	Master Swim	Otc	Pool	£

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

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.45	Body Pump	Scc	Studio 1	
09.30-10.30	Body Combat	Hec	Studio 1	
10.30-11.30	Body Pump	Scc	Studio 1	
10.30-11.15	Aqua	Scc	Pool	
17.30-18.30	Body Pump	Scc	Studio 1	*
18.30-19.30	RPM	Hec	Gym	*

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-10.00	Keiser Cycling	Hec	Gym	*
09.30-10.30	Body Sculpt	Scc	Studio 1	*
10.00-10.30	Family Cycle	Hec	Gym	
10.30-11.30	Body Balance	Hol	Studio 1	
17.00-18.00	Body Pump	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Body Pump	Scc	Studio 1	*
10.30-11.30	Body Attack	Hec	Studio 1	
11.30-12.15	Keiser Cycling	Hec	Gym	

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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