# DAVID LLOYD LEISURE - HULL - 01482 625 200

## EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 11:45 - 12:30 | Aqua | Scc | Ind Pool - Part A | |
| 17:15 - 18:00 | Body Pump | Scc | Studio 1 | |
| 18:15 - 19:00 | Zumba | Dan | Studio 1 | |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:45 - 07:45 | Body Pump | Scc | Studio 1 | |
| 09:15 - 10:00 | Core Stability | Scc | Studio 1 | |
| 10:00 - 10:45 | Group Cycling | Hec | Gym Area 1 | |
| 10:00 - 10:45 | JUKARI Fit to Flex | Otc | Studio 1 | |
| 10:45 - 11:30 | Zumba | Dan | Studio 1 - Part A | |
| 11:00 - 11:45 | Aqua | Scc | Ind Pool | |
| 17:15 - 18:00 | Core Stability | Scc | Studio 1 | |
| 17:15 - 18:00 | Power Plate Taster | Otc | Gym Area 2 | |
| 17:30 - 18:15 | RPM | Hec | Gym | |
| 18:00 - 18:45 | JUKARI Fit to Flex | Otc | Studio 1 | |
| 18:45 - 19:30 | Body Combat | Hec | Studio 1 | |
| 19:00 - 21:00 | Lose & Shape Up | Otc | Func Rm | £ |
| 19:30 - 20:30 | Lose & Shape Up | Otc | Lloyd Rm | |
| 19:30 - 21:00 | Triathlon Class | Otc | Gym Area 2 | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:45 - 07:30 | Group Cycling | Hec | Gym Area 2 | |
| 09:15 - 10:15 | Hatha Yoga | Hol | Studio 2 | |
| 09:30 - 10:15 | RPM | Hec | Cycling Area, Gym | |
| 09:30 - 10:15 | Zumba | Dan | Studio 1 | |
| 10:15 - 11:15 | Body Pump | Scc | Studio 1 | |
| 11:15 - 12:15 | Tai Chi | Hol | Studio 1 | |
| 12:15 - 13:00 | Aqua | Scc | Ind Pool | |
| 17:00 - 17:45 | Zumba | Dan | Studio 1 | |
| 17:45 - 18:30 | Body Attack | Hec | Studio 1 | |
| 17:45 - 18:30 | Group Cycling | Hec | | |
| 17:45 - 19:15 | Hatha Yoga | Hol | Studio 2 | |
| 18:30 - 19:30 | Body Pump | Scc | Studio 1 | |
| 18:45 - 19:30 | Group Cycling | Hec | Gym 1 | |
| 18:45 - 19:30 | Power Plate Taster | Otc | Gym 2 | |
| 19:30 - 20:30 | Body Balance | Hol | Studio 1 | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:45 - 07:45 | Pilates Fitness | Hol | Studio 1 | |
| 09:30 - 10:15 | Aqua | Scc | Ind Pool | |
| 09:30 - 10:15 | Step | Hec | Studio 1 | |
| 10:15 - 11:00 | Body Attack | Hec | Studio 1 | |
| 10:30 - 11:15 | Group Cycling | Hec | Gym Area 1 | |
| 11:00 - 11:45 | Boxercise | Hec | Studio 1 | |
| 11:45 - 12:45 | Body Balance | Hol | Studio 1 | |
| 17:00 - 17:30 | Group Exercise Welcome | Otc | Club Rm | |
| 17:00 - 18:00 | Tai Chi | Hol | Studio 1 | |
| 17:30 - 18:00 | Power Plate | Otc | Gym Area 2 | £ |
| 17:30 - 18:15 | Group Cycling | Hec | Gym Area 1 | |
| 18:00 - 18:30 | ViPR Course | Otc | Gym Area 1 | £ |
| 18:00 - 18:45 | Zumba | Dan | Studio 1 | |
| 18:15 - 19:15 | Pilates Fitness | Hol | Studio 2 | |
| 18:45 - 19:15 | Abs & Back | Scc | Gym Area 2 | |
| 18:45 - 19:30 | Body Attack | Hec | Studio 1 | |
| 19:00 - 21:00 | Lose & Shape Up | Otc | Func Rm | £ |
| 19:30 - 20:30 | Body Balance | Hol | 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 |
|---|---|---|---|---|
| 06:45 - 07:45 | Body Pump | Scc | Studio 1 | |
| 09:30 - 10:15 | Body Combat | Hec | Studio 1 | |
| 10:15 - 11:00 | Zumba | Dan | Studio 1 | |
| 11:00 - 12:00 | Body Pump | Scc | Studio 1 | |
| 12:15 - 13:00 | Body Balance | Hol | Studio 1 | |
| 17:15 - 18:15 | Body Pump | Scc | Studio 1 | |
| 18:00 - 18:45 | ViPR Taster | Otc | Gym Area 2 | |
| 18:15 - 19:00 | Kick Boxing | Hec | Studio 1 | |
| 18:30 - 19:15 | RPM | Hec | Gym | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:00 - 09:45 | Zumba | Dan | Studio 1 | |
| 09:45 - 10:45 | Body Pump | Scc | Studio 1 | |
| 10:45 - 11:30 | Body Attack | Hec | Studio 1 | |
| 10:45 - 11:30 | Group Cycling | Hec | Gym Area 1 | |
| 16:00 - 16:45 | Body Combat | Hec | Studio 1 | |

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:30 - 10:25 | Total Body Workout | Hec | Studio 1 | |
| 10:00 - 10:30 | Family Cycle | Hec | Gym Area 1 | |
| 10:30 - 11:15 | Group Cycling | Hec | Gym Area 1 | |
| 10:30 - 11:30 | Body Balance | Hol | Studio 1 | |
| 16:00 - 16:45 | Boxercise | Hec | Studio 1 | |
| 17:00 - 18:00 | Body Pump | Scc | 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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