DAVID LLOYD LEISURE - HULL - 01482 625 200

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycling Studio	
09:30 - 10:30	Step	Hec	Studio 1	
10:00 - 10:30	Core Stability	Scc	Studio 2	
10:30 - 11:30	Body Pump	Scc	Studio 1	
11:30 - 12:30	Pilates	Hol	Studio 1	
12:00 - 12:45	Aqua	Scc	Ind Pool	
17:15 - 18:15	Body Pump	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:15 - 19:00	Body Attack	Hec	Studio 1	
18:45 - 19:30	Astanga Yoga	Hol	Studio 2	
19:00 - 19:30	ViPR Taster	Otc	Gym	
19:00 - 19:45	Zumba	Dan	Studio 1	
19:05 - 19:50	Zone Cycling	Hec	Cycle Studio	
19:45 - 20:45	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:45	Body Pump	Scc	Studio 1	
09:30 - 10:15	Zumba	Dan	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Cycling Studio	
10:15 - 11:15	Body Balance	Hol	Studio 2	
11:00 - 11:45	Aqua	Scc	Ind Pool	
11:00 - 11:45	Legs, Bums & Tums	Scc	Studio 1	
17:15 - 18:00	Core Stability	Scc	Studio 1	
17:15 - 18:00	Legs, Bums & Tums	Scc	Studio 2	
17:15 - 18:00	RPM	Hec	Cycle Studio	
18:00 - 18:45	Pilates Fitness	Hol	Studio 2	
18:00 - 19:00	Body Combat	Hec	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Body Pump	Scc	Studio 1	
19:00 - 20:30	Triathlon Class	Otc	Cycle Studio	
19:00 - 21:00	Lose & Shape Up	Otc	Conf Rm	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycle Studio	
09:00 - 10:00	Hatha Yoga	Hol	Studio 2	
09:30 - 10:15	RPM	Hec	Cycling Studio	
10:15 - 11:15	Body Pump	Scc	Studio 1	
10:20 - 11:05	Zumba	Dan	Studio 2	
11:30 - 12:30	Tai Chi	Hol	Studio 2	
17:15 - 18:00	Family Cycle	Hec	Cycling Studio	
17:15 - 18:00	Pilates Fitness	Hol	Studio 1	
18:00 - 18:45	Body Attack	Hec	Studio 1	
18:00 - 18:45	RPM	Hec	Cycling Studio	
18:00 - 19:00	Hatha Yoga	Hol	Studio 2	
18:30 - 19:00	Group Exercise Welcome	Otc	Club Rm	
18:45 - 19:30	Step	Hec	Studio 1	
19:00 - 19:45	Zone Cycling	Hec	Cycle Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Aqua	Scc	Ind Pool	
09:30 - 10:15	Legs, Bums & Tums	Scc	Studio 2	
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:15 - 11:15	Belly Dancing	Dan	Studio 2	
10:30 - 11:00	Mother & Baby	Otc	Ind Pool	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
10:30 - 11:15	Step	Hec	Studio 1	
11:15 - 12:00	Pilates Fitness	Hol	Studio 2	
11:15 - 12:00	Salsa Dancing	Dan	Studio 1	
17:15 - 18:00	Core Stability	Scc	Studio 1	
17:15 - 18:15	Tai Chi	Hol	Studio 2	
17:30 - 18:15	Group Cycling	Hec	Cycle Studio	
18:00 - 18:45	Zumba	Dan	Studio 1	
18:15 - 19:15	Pilates	Hol	Studio 2	
18:30 - 20:00	Triathlon Class	Otc	Cycle Studio	
18:45 - 19:30	Boot Camp	Hec	Studio 1	
19:00 - 21:00	Lose & Shape Up	Otc	Conf Rm	£
19:15 - 20:15	Body Balance	Hol	Studio 2	
20:00 - 21:00	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

DAVID LLOYD LEISURE - HULL - 01482 625 200

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

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	
11:10 - 12:10	Pilates	Hol	Studio 2	
17:30 - 18:30	Body Pump	Scc	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Cycling Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	Zumba	Dan	Studio 1	
09:45 - 10:30	RPM	Hec	Cycling Studio	
09:45 - 10:45	Body Pump	Scc	Studio 1	
10:45 - 11:45	Body Attack	Hec	Studio 1	
12:00 - 12:30	Power Plate Taster	Otc	Gym Area 1	
16:00 - 16:45	Body Combat	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:00 - 10:30	Family Cycle	Hec	Cycling Studio	
10:30 - 11:30	Body Balance	Hol	Studio 1	
10:45 - 11:30	RPM	Hec	Cycling 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.

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