DAVID LLOYD - IPSWICH - 01473 717600

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Dance Fit	Dan	Studio 1	* A
09.30-10.30	Body Balance	Hol	Studio 2	*
10.30-11.20	RPM	Hec	Spin Studio	
10.30-11.30	Body Sculpt	Scc	Studio 1	
11.30-12.30	Pilates	Hol	Studio 2	
17.30-18.00	Core Stability	Scc	Studio 1	*
18.00-19.00	Pilates	Hol	Studio 2	*
18.00-19.00	Body Combat	Hec	Studio 1	*
19.00-20.00	Body Balance	Hol	Studio 1	
19.00-20.00	Kick Boxing	Hec	Studio 2	£
19.00-20.00	Lose & Shape Up	Otc	Function Room	£ C
19.10-20.00	Keiser Cycling	Hec	Spin Studio	
20.00-21.00	Body Sculpt	Scc	Studio 1	
20.05-21.05	Pole Dance	Dan	Studio 2	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Keiser Cycling	Hec	Spin Studio	*
09.30-10.30	Aerobics	Hec	Studio 1	*
09.30-10.15	Stretch & Tone	Scc	Studio 2	* S
09.30-10.15	Group Exercise Welcome	Otc	Studio 2	*
10.30-11.30	Body Pump	Scc	Studio 1	*
10.30-11.30	Pilates	Hol	Studio 2	*
17.30-18.00	Core Stability	Scc	Studio 1	*
18.00-19.00	Step	Hec	Studio 1	*
18.00-18.50	RPM	Hec	Spin Studio	*
19.00-20.05	Body Pump	Scc	Studio 1	
19.00-20.00	Trampolining	Otc	Badminton Crts	£ C
19.00-20.00	Lose & Shape Up	Otc	Gym	£ C
19.15-20.15	Pilates	Hol	Studio 2	
20.05-21.05	Body Combat	Hec	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	Hec	Spin Studio	
09.30-10.30	Body Sculpt	Scc	Studio 1	*
09.30-10.30	Yoga	Hol	Studio 2	*
10.30-11.15	Aqua	Scc	Main Pool	
10.30-11.30	Boxercise	Hec	Studio 1	
10.30-11.30	Body Balance	Hol	Studio 2	
17.10-18.15	Body Pump	Scc	Studio 1	*
18.15-19.15	Body Combat	Hec	Studio 1	*
18.30-19.20	RPM	Hec	Spin Studio	*
19.15-20.15	Yoga	Hol	Studio 2	
19.15-20.15	Circuits	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Legs, Bums & Tums	Scc	Studio 1	*
09.30-10.20	RPM	Hec	Spin Studio	*
10.30-11.30	Body Combat	Hec	Studio 1	
10.30-11.30	Yogalates	Hol	Studio 2	
17.30-18.00	Core Stability	Scc	Studio 1	*
18.00-19.00	Tri Class	Hec	Studio 1	*
18.00-19.00	Yoga	Hol	Studio 2	*
19.00-20.05	Body Pump	Scc	Studio 1	
19.00-20.00	Boxing Fit	Otc	Studio 2	£
19.15-20.00	RPM	Hec	Spin Studio	
20.05-21.05	Circuits	Hec	Studio 1	

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 JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.40-07.30	RPM	Hec	Spin Stuido	
09.30-10.15	Keiser Cycling	Hec	Spin Stuido	*
09.30-10.30	Body Balance	Hol	Studio 2	*
09.30-10.30	Boxercise	Hec	Studio 1	*
10.30-11.35	Body Pump	Scc	Studio 1	
10.35-11.20	Aqua	Scc	Main Pool	
17.30-18.30	Step	Hec	Studio 1	* A
18.30-19.35	Body Pump	Scc	Studio 1	*

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.10-09.30	Introduction to Body Pump	Scc	Studio 1	
09.30-10.30	Body Balance	Hol	Studio 2	*
09.30-10.35	Body Pump	Scc	Studio 1	*
10.35-11.35	Body Combat	Hec	Studio 1	*
10.40-11.30	RPM	Hec		*

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.30-09.30	Aerobics	Hec	Studio 1	A
09.30-10.30	Pilates	Hol	Studio 2	*
09.30-10.30	Body Combat	Hec	Studio 1	*
10.30-11.35	Body Pump	Scc	Studi 1	*
10.40-11.30	RPM	Hec		*

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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