DAVID LLOYD - KIDBROOKE - 0208 331 3900

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Multi Circuits	Hec	Gym	
09.35-10.30	Step	Hec	Studio 1	*
09.35-10.30	Body Balance	Hol	Studio 2	*
10.35-11.30	Body Conditioning	Scc	Studio 1	*
11.00-11.30	Abs & Back	Scc	Gym	*
11.30-12.30	YogaMoves	Hol	Studio 1	*
12.00-12.45	Aqua	Scc	Pool	
13.15-14.00	Swiss Ball	Scc	Studio 1	
18.00-19.00	Yoga	Hol	Studio 2	
18.15-19.00	Body Vive Express	Scc	Studio 1	S/*
19.00-19.45	Keiser Cycling	Hec	Studio 3	
19.00-20.00	Tri Class	Hec	Studio 1	A
19.05-20.05	Yoga Intermediate	Hol	Studio 2	A
19.25-20.05	Aqua	Scc	Pool	
20.00-21.00	Keiser Cycling Advanced	Hec	Studio 3	A
20.15-21.15	Body Pump	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling Express	Hec	Studio 3	
09.35-10.30	Aerobics	Hec	Studio 1	*
10.00-10.45	Multi Circuits	Hec	Gym	*
10.35-11.30	Body Conditioning	Scc	Studio 1	*
11.00-11.30	Abs & Back	Scc	Gym	*
11.35-12.30	Body Balance	Hol	Studio 1	
12.00-12.45	Aqua	Scc	Pool	*
13.30-14.15	Multi Circuits	Hec	Gym	*
13.30-14.30	Yoga	Hol	Studio 2	*
18.00-18.30	Abs & Back	Scc	Gym	*
18.15-18.30	Boxercise	Hec	Studio 1	
18.30-19.25	Boxercise	Hec	Studio 1	
18.45-19.45	Pilates Intermediate	Hol	Studio 2	A
19.00-20.00	Keiser Cycling Advanced	Hec	Studio 3	A
19.40-20.25	Swiss Ball	Scc	Studio 1	
20.00-20.55	Meditation	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Multi Circuits	Hec	Gym	
08.15-09.00	Cardio Conditioning	Hec	Studio 1	
09.15-09.30	Introduction to Body Balance	Hol	Studio 2	
09.35-10.30	Body Balance	Hol	Studio 2	*
09.35-10.15	Keiser Cycling Express	Hec	Studio 3	*
09.35-10.30	Body Conditioning	Scc	Studio 1	*
10.35-11.00	Abs & Back	Scc	Gym	*
10.35-11.30	Aerobics	Hec	Studio 1	*
11.35-12.20	Body Vive	Scc	Studio 1	*/S
12.35-13.35	Pilates	Hol	Studio 2	
18.00-18.30	Abs & Back	Scc	Gym	*
18.00-18.55	Body Conditioning	Scc	Studio 1	
19.00-19.55	Ski Fit	Otc	Gym	
19.00-19.55	Body Attack	Hec	Studio 1	
19.00-20.00	Yoga	Hol	Studio 2	
19.00-21.00	Lose & Shape Up	Otc	Gym	
20.00-20.55	Keiser Cycling Advanced	Hec	Studio 3	A
20.00-21.00	Introduction to Pilates	Hol	Studio 2	
20.00-21.00	Body Balance	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.30-09.30	Cardio Conditioning	Hec	Studio 1	
09.35-10.30	Body Conditioning	Scc	Studio 1	*
10.35-11.30	Step	Hec	Studio 1	*
11.05-12.00	Senior Multi Circuits	Hec	Gym	S
12.00-13.00	Yogalates	Hol	Studio 1	
12.00-12.45	Aqua	Scc	Pool	
12.15-13.00	Back Care Fit	Otc	Gym	
18.30-19.25	Body Pump	Scc	Studio 1	
18.30-19.25	Street Dance	Dan	Studio 2	
19.00-20.00	Run Fit	Otc	Gym/Outdoors	
19.30-20.15	Keiser Cycling Express	Hec	Studio 3	
19.30-20.25	Body Attack	Hec	Studio 1	
20.15-21.30	Yoga	Hol	Studio 2	
20.30-21.45	Ballroom and Latin Dancing	Dan	Studio 1	C,£

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
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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.15-09.15	Body Balance	Hol	Studio 1	
09.35-10.30	Body Pump	Scc	Studio 1	*
09.35-10.20	Keiser Cycling	Hec	Studio 3	*
10.35-11.35	Swiss Ball	Scc	Studio 1	*
11.00-11.45	Body Vive Express	Scc	Studio 1	S/*
11.35-12.30	Salsa Aerobics	Dan	Studio 1	A
12.00-12.45	Aqua	Scc	Pool	
13.00-14.00	Pilates	Hol	Studio 2	
13.30-14.15	Multi Circuits	Hec	Gym	
18.15-19.00	Keiser Cycling Express	Hec	Studio 3	*
19.15-20.30	Ballroom and Latin Dancing	Dan	Studio 1	C,£

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-10.55	Step	Hec	Studio 1	*
10.15-11.00	Keiser Cycling Express	Hec	Studio 3	*
11.00-12.00	Aerobics	Hec	Studio 1	*
16.45-17.00	Introduction to Body Pump	Scc	Studio 1	
17.00-18.00	Body Pump	Scc	Studio 1	
18.00-19.00	Yoga	Hol	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.45-09.45	Pilates	Hol	Studio 2	
09.30-10.25	Body Pump	Scc	Studio 1	*
10.15-11.15	Keiser Cycling	Hec	Studio 3	*
10.30-11.25	Step	Hec	Studio 1	*
10.45-11.20	Group Exercise Welcome	Otc	Adults only lounge	
11.30-12.15	Beginners Jogging	Otc	Gym/outdoors	*
11.30-12.15	Keiser Cycling Express	Hec	Studio 3	*
11.30-12.25	Aerobics	Hec	Studio 1	*
12.30-13.25	Body Balance	Hol	Studio 1	
13.45-14.45	Boxercise	Hec	Studio 1	
14.50-15.45	Swiss Ball	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.

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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