DAVID LLOYD LEISURE - KINGS HILL - 01732 222 350

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Cycle Studio	
10:00 - 10:45	Power Plate Taster	Otc	Gym	
10:30 - 11:25	Body Jam	Dan	Location 1	
11:00 - 11:30	Power Plate Course	Otc	Gym Area 1	
12:00 - 12:30	Power Plate Course	Otc	Gym Area 1	
18:30 - 20:00	Lose & Shape Up Course	Otc	None	
19:15 - 20:00	Group Cycling	Hec	Cycling Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Cycle Studio	
09:30 - 10:25	Body Pump	Scc	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 1	
11:00 - 11:55	Senior Pilates	Hol	Studio 2	
12:00 - 12:55	Aqua	Scc	Pool	
12:00 - 12:55	Hatha Yoga	Hol	Studio 2	
12:15 - 13:00	Group Cycling	Hec	Cycle Studio	
13:15 - 14:00	Pre & Post Natal Yoga	Hol	Studio 2	
18:00 - 18:55	Step	Hec	Studio 1	
19:00 - 19:55	Body Attack	Hec	Studio 1	
19:00 - 19:55	Hatha Yoga	Hol	Studio 2	
19:30 - 20:30	Multi Circuits	Hec	Bad Crt 1	
20:00 - 20:55	Body Jam	Dan	Studio 2	
20:00 - 20:55	Body Pump	Scc	Studio 1	
21:00 - 23:00	Adult Netball	Otc	Bad Crt 1-4	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	YogaMoves	Hol	Studio 2	
10:00 - 10:55	Body Conditioning	Scc	Studio 1	
11:00 - 11:55	Body Combat	Hec	Studio 1	
12:30 - 13:25	Legs, Bums and Tums	Scc	Studio 1	
13:00 - 13:55	Pilates	Hol	Studio 2	
17:30 - 18:25	Body Pump	Scc	Studio 1	
18:30 - 19:25	Body Balance	Hol	Studio 1	
19:00 - 19:45	RPM	Hec	Cycle Studio	
19:15 - 20:00	Pre & Post Natal Yoga	Hol	Studio 2	
19:30 - 20:30	Multi Circuits	Hec	Studio 1	
19:45 - 20:30	Group Cycling	Hec	Cycling Studio	
20:00 - 20:55	Aqua	Scc	Pool	
20:00 - 20:55	Yoga	Hol	Studio 2	
20:30 - 21:30	Boxercise	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Cycle Studio	
09:30 - 10:25	Body Pump	Scc	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Cycling Studio	
10:30 - 11:25	Body Balance	Hol	Studio 1	
10:30 - 11:25	Tai Chi	Hol	Studio 2	
11:30 - 12:25	Senior Pilates	Hol	Studio 2	
12:15 - 13:00	Group Cycling	Hec	Cycling Studio	
17:00 - 17:45	Power Plate Taster	Otc	Gym Area 2	
18:00 - 18:30	Power Plate Course	Otc	Gym Area 2	
18:00 - 18:55	Legs, Bums and Tums	Scc	Studio 1	
18:00 - 18:55	Yoga Beginners	Hol	Studio 2	
18:00 - 22:00	Adult Football	Otc	Bad Crt 1-4	
18:30 - 19:15	Group Cycling	Hec	Cycling Studio	
19:00 - 19:30	Power Plate Course Advanced	Otc	Gym Area 1	
19:00 - 19:55	Body Jam	Dan	Studio 1	
19:00 - 19:55	Pilates Foundation	Otc	Studio 2	
20:00 - 20:45	JUKARI Fit to Flex	Otc	Studio 2	
20:00 - 20:55	Body Combat	Hec	Studio 1	
22:00 - 23:00	Adult Football	Otc	Bad Crt 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 JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Body Jam	Dan	Studio 1	
09:30 - 10:25	Pilates	Hol	Studio 2	
10:00 - 10:45	RPM	Hec	Cycling Studio	
10:00 - 10:55	Body Conditioning	Scc	Studio 1	
11:00 - 11:55	Yoga	Hol	Studio 2	
12:15 - 13:00	Aqua	Scc	Pool	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Body Attack	Hec	Studio 1	
09:30 - 10:00	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Body Pump	Scc	Studio 1	
11:00 - 11:30	Core Stability	Scc	Studio 2	
18:00 - 18:55	Salsa Dancing	Dan	Studio 1	
19:00 - 19:55	Salsa Dancing	Dan	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Multi Circuits	Hec	Studio 1	
09:40 - 10:10	Core Stability	Scc	Studio 2	
10:00 - 10:55	Body Conditioning	Scc	Studio 1	
10:15 - 11:10	Yoga	Hol	Studio 2	
19:00 - 22:00	Adult Football	Otc	Bad Crt 1-4	

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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