DAVID LLOYD LEISURE - LEEDS - 0113 203 4000

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Total Body Workout	Hec	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Spin Studio	
10:30 - 11:25	Legs, Bums and Tums	Scc	Studio 1	
11:00 - 11:55	Pilates Intermediate	Hol	Studio 2	
18:30 - 19:25	Multi Circuits	Hec	Track	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
09:30 - 10:25	Body Balance	Hol	Mind & Body Studio	
09:30 - 10:25	Multi Circuits	Hec	Track	
09:45 - 10:30	Body Step Express	Hec	Studio 1	
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:00 - 11:55	Pilates Intermediate	Hol	Studio 2	
11:30 - 12:15	Pre & Post Natal	Otc	Ind Pool	
11:35 - 12:20	Group Cycling	Hec	Spin Studio	
18:15 - 19:00	Step	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
18:30 - 19:25	Boot Camp	Hec	Track	
18:30 - 19:25	Pilates Intermediate	Hol	Studio 2	
18:30 - 19:25	Swimming Club	Otc		
19:00 - 19:55	Body Attack	Hec	Studio 1	
19:30 - 20:25	Pilates Beginners	Hol	Studio 2	
20:00 - 20:55	Body Pump	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Cardio Conditioning	Hec	Cycling Area	
09:15 - 10:00	Body Pump Express	Scc	Studio 1	
09:15 - 10:45	Iyengar Yoga	Hol	Studio 2	
10:00 - 10:55	Hour of Power	Hec	Studio 1	
10:30 - 11:15	Kettle Bell	Scc	Track	
11:00 - 11:55	Mature Movers	Otc	Studio 1	
11:00 - 11:55	Pilates Beginners	Hol		
12:00 - 12:45	Coffee Club	Otc	Club Rm	
18:15 - 19:00	Body Pump Express	Scc	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
18:30 - 19:25	Boxercise	Hec	Track	
18:30 - 19:30	Running Club	Otc	Gym Area 1	£
19:00 - 19:55	Body Combat	Hec	Studio 1	
19:00 - 19:55	Pilates Intermediate	Hol	Studio 2	
19:30 - 20:15	Aqua	Scc	Ind Pool	
20:00 - 20:55	Zumba	Dan	Studio 1	
20:00 - 21:00	Krav-Maga	Hec	Func Rm	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
09:30 - 10:25	Body Attack	Hec	Studio 1	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:25 - 12:20	Pilates Intermediate	Hol	Studio 2	
11:35 - 12:20	Group Cycling	Hec	Spin Studio	
12:30 - 13:25	Body Balance	Hol	Studio 2	
13:00 - 13:45	Pre & Post Natal	Otc	Studio 1	
18:00 - 18:30	Power Plate	Scc	Gym	
18:15 - 19:00	JUKARI Fit to Flex	Otc	Studio 1	
19:00 - 19:55	Body Conditioning	Scc	Studio 1	
19:00 - 19:55	Group Cycling	Hec	Spin Studio	
19:00 - 19:55	Row Fit	Otc	Track	
19:00 - 20:30	Iyengar Yoga	Hol	Studio 2	

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 JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Track	
09:30 - 10:25	Dance Fit	Otc	Studio 1	
09:30 - 10:25	Pilates Intermediate	Hol	Studio 2	
10:30 - 11:15	Kettle Bell	Scc	Track	
10:30 - 11:25	Body Conditioning	Scc	Studio 1	
10:30 - 11:25	Pilates Beginners	Hol	Studio 2	
11:30 - 12:25	JUKARI Fit to Flex	Otc	Studio 1	
11:30 - 13:00	Astanga Yoga	Hol	Studio 2	
12:30 - 13:15	Pre & Post Natal	Otc	Studio 1	
18:30 - 19:15	Circuits	Hec	Track	
19:00 - 19:55	Iyengar Yoga	Hol	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Body Pump	Scc	Studio 1	
09:30 - 10:25	Multi Circuits	Hec	Track	
09:30 - 11:00	Iyengar Yoga	Hol	Studio 2	
10:00 - 10:45	Group Cycling	Hec	Spin Studio	
10:00 - 10:55	Step	Hec	Studio 1	
10:30 - 11:15	Kettle Bell	Scc	Track	
11:00 - 11:55	Body Combat	Hec	Studio 1	
11:00 - 11:55	Iyengar Yoga Beginners	Hol	Studio 2	
12:00 - 12:55	Body Jam	Dan	Studio 1	
17:00 - 17:55	Body Balance	Hol	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	Aqua	Scc	Ind Pool	
09:00 - 09:55	Pilates Intermediate	Hol	Studio 2	
10:00 - 10:45	Group Cycling	Hec	Spin Studio	
10:00 - 10:55	Body Attack	Hec	Studio 1	
10:00 - 11:30	Iyengar Yoga	Hol	Studio 2	
11:00 - 11:55	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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