DAVID LLOYD - LEICESTER - 01162828800

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:35-07:35	Body Pump	Scc	Studio 1	
09:35-10:05	Keiser Cycling	Hec	Cycle Area	
10:05-11:00	Yoga	Hol	Studio 2	
10:05-11:00	Body Pump	Scc	Studio 1	
11:00-12:00	Pilates	Hol	Studio 1	
12:30-13:15	Keiser Cycling	Hec	Cycle Area	
17:15-17:45	Group Exercise Welcome	Otc	Clubroom	
17:30-18:15	Keiser Cycling	Hec	Cycle Area	
17:30-18:15	Core Stability	Scc	Studio 1	
18:15-19:10	Circuits	Hec	Cycle Area	A
18:30-19:15	Aqua	Scc	Pool	
19:15-20:00	Body Pump	Scc	Studio 1	
19:30-20:15	Pilates	Hol	Studio 2	
20:00-20:45	Legs, Bums & Tums	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:35-07:05	Keiser Cycling	Hec	Cycle Area	
07:05-07:35	Multi Circuits	Hec	Studio 1	
10:00-10:45	Keiser Cycling	Hec	Cycle Area	
10:45-11:30	Core Stability	Scc	Studio 1	
11:00-12:00	Lose & Shape Up	Otc	Clubroom	
11:00-12:00	Back Care Fit	Otc	Gym	
12:30-13:00	Keiser Cycling	Hec	Cycle Area	
13:00-13:30	Core Stability	Scc	Gym	
17:30-18:30	Body Pump	Scc	Studio 1	
18:00-19:00	YogaMoves	Hol	Studio 2	
18:30-19:30	Running Club	Otc	Outside	
18:30-19:30	Body Attack	Hec	Studio 1	
18:30-19:30	RPM	Hec	Cycle Area	
19:15-20:00	Pilates Advanced	Hol	Studio 2	
20:00-21:30	Capoeira	Otc	£	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:35-07:20	Keiser Cycling	Hec	Cycle Area	
06:35-07:35	YogaMoves	Hol	Studio 1	
09:35-10:05	Keiser Cycling	Hec	Cycle Area	
10:05-11:00	Body Pump	Scc	Studio 1	
11:00-12:00	Step	Hec	Studio 1	
12:00-13:00	Aqua	Scc	Pool	
12:30-13:00	Keiser Cycling	Hec	Cycle Area	
13:00-13:30	Core Stability	Scc	Gym	
17:30-18:25	Body Pump	Scc	Studio 1	
18:30-19:15	Pilates Advanced	Hol	Studio 1	
18:30-19:30	Circuits	Hec	Studio 1	
18:35-19:20	Keiser Cycling	Hec	Cycle Area	
19:30-20:15	Body Balance	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:35-07:20	RPM	Hec	Cycle Area	
09:30-11:00	Yoga	Hol	Studio 2	
10:00-11:00	Circuits	Hec	Studio 1	
10:00-11:00	Lose & Shape Up	Otc	Gym	
12:30-13:15	Core Stability	Scc	Studio 1	
17:15-18:00	Conditioning	Scc	Studio 1	
17:30-18:30	RPM	Hec	Studio 1	
18:00-19:00	Body Combat	Hec	Studio 1	
18:30-20:00	Yoga	Hol	Studio 2	
19:00-20:00	Body Jam	Dan	Studio 1	
19:00-19:45	Aqua	Scc	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

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:35-07:35	Circuits	Hec	Studio 1	
10:00-11:00	Body Combat	Hec	Studio 1	
10:00-11:00	RPM	Hec	Cycle Area	
11:00-12:00	Pilates	Hol	Studio 1	
12:30-13:00	Keiser Cycling	Hec	Cycle Area	
13:00-13:30	Core Stability	Scc	Gym	
17:30-18:30	Body Pump	Scc	Studio 1	
18:00-18:45	Keiser Cycling	Hec	Cycle Area	
18:30-19:30	Yoga	Hol	Studio 1	
19:30-20:30	Zumba	Dan	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15-10:00	Keiser Cycling	Hec	Cycle Area	
10:00-11:00	Body Combat	Hec	Studio 1	
11:00-12:00	RPM	Hec	Cycle Area	
11:00-12:30	Yoga	Hol	Studio 1	
15:30-16:15	Core Stability	Scc	Studio 1	
16:30-17:30	Circuits	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15-10:00	Keiser Cycling	Hec	Cycle Area	
10:05-11:00	Body Pump	Scc	Studio 1	
11:00-11:45	Keiser Cycling	Hec	Cycle Area	
11:00-11:45	Circuits	Hec	Studio 1	
13:15-14:00	Aqua	Scc	Pool	

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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