# DAVID LLOYD LEISURE - LEICESTER - 0116 282 8800

## EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

David Lloyd FITNESS

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:35 - 07:30 | Body Pump | Scc | Studio 1 | |
| 10:00 - 10:55 | Body Pump | Scc | Studio 1 | |
| 10:00 - 10:55 | YogaMoves | Hol | Studio 2 | |
| 11:05 - 12:00 | Pilates | Hol | Studio 1 | |
| 12:30 - 13:15 | Group Cycling | Hec | Cycling Area | |
| 17:30 - 18:15 | Core Stability | Scc | Studio 1 | |
| 17:30 - 18:15 | Group Cycling | Hec | Cycling Area | |
| 18:00 - 18:30 | Power Plate Taster | Otc | Gym | |
| 18:15 - 19:10 | Circuits | Hec | Studio 1 | |
| 18:30 - 19:25 | Aqua | Scc | Main Pool | |
| 18:30 - 19:25 | Body Balance | Hol | Studio 2 | |
| 18:30 - 20:30 | Lose & Shape Up | Otc | Gym Area 1 | |
| 19:15 - 20:00 | Body Pump | Scc | Studio 1 - Part A | |
| 19:30 - 20:30 | Lose & Shape Up Follow On | Otc | | £ |
| 19:45 - 20:15 | Group Exercise Welcome | Otc | Club Rm | |
| 20:15 - 21:00 | Zumba | Dan | Studio 1 | |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:35 - 07:20 | Boot Camp | Hec | Studio 1 | |
| 06:35 - 07:20 | Group Cycling | Hec | Cycling Area | |
| 09:45 - 10:30 | Back Care Fit | Otc | Gym Area 1 | |
| 09:45 - 10:40 | Body Balance | Hol | Studio 1 - Part A | |
| 10:00 - 10:45 | Group Cycling | Hec | Cycling Area | |
| 10:30 - 11:30 | Running Club | Otc | Outside | |
| 10:45 - 11:30 | Core Stability | Scc | Studio 1 | |
| 11:30 - 12:30 | Zumba | Dan | Studio 1 | |
| 17:30 - 18:15 | Beginners Group Cycling | Hec | Cycling Area | |
| 17:30 - 18:25 | Body Pump | Scc | Studio 1 | |
| 18:00 - 18:55 | YogaMoves | Hol | Studio 2 | |
| 18:30 - 19:15 | Group Cycling | Hec | Cycling Area | |
| 18:30 - 19:25 | Body Attack | Hec | Studio 1 | |
| 19:15 - 20:00 | Pilates Advanced | Hol | Studio 2 | |
| 20:00 - 21:30 | Capoeira | Otc | Studio 1 | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:35 - 07:20 | Circuits | Hec | Studio 1 | |
| 06:35 - 07:20 | Group Cycling | Hec | Cycling Area | |
| 09:15 - 10:00 | Group Cycling | Hec | Cycling Area | |
| 10:05 - 11:00 | Body Pump | Scc | Studio 1 | |
| 10:15 - 11:00 | JUKARI Fit to Flex | Otc | Studio 2 | |
| 11:00 - 11:45 | Core Stability | Scc | Studio 1 | |
| 11:00 - 13:00 | Lose & Shape Up | Otc | Gym Area 1 | £ |
| 12:00 - 12:30 | Power Plate Taster | Otc | Gym | |
| 12:00 - 12:55 | Aqua | Scc | Main Pool | |
| 12:30 - 13:00 | Group Exercise Welcome | Otc | Club Rm | |
| 17:30 - 18:15 | Group Cycling | Hec | Cycling Area | |
| 17:30 - 18:25 | Body Balance | Hol | Studio 2 | |
| 17:30 - 18:25 | Body Pump | Scc | Studio 1 | |
| 18:30 - 19:25 | Legs, Bums and Tums | Scc | Studio 1 | |
| 18:35 - 19:20 | Group Cycling | Hec | Cycling Area | |
| 19:30 - 20:25 | Hula | Otc | Studio 1 | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:35 - 07:20 | Group Cycling | Hec | Cycling Area | |
| 06:35 - 07:30 | Yoga | Hol | Studio 1 | |
| 09:30 - 11:00 | Yoga | Hol | Studio 2 | |
| 10:00 - 11:00 | Tri Class | Hec | Studio 1 | |
| 11:00 - 12:00 | Zumba | Dan | Studio 1 | |
| 12:15 - 13:10 | Hula | Otc | Studio 1 | |
| 17:30 - 18:15 | Group Cycling | Hec | Cycling Area | |
| 17:30 - 18:15 | Zumba | Dan | Studio 1 | |
| 18:15 - 19:00 | Cheerobics | Hec | Studio 1 | |
| 18:30 - 20:00 | Yoga | Hol | Studio 2 | |
| 19:10 - 21:10 | Tae Kwon Do | Hec | Studio 1 | |
| 19:30 - 20:30 | Boot Camp | Hec | Outside | |

### 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

# DAVID LLOYD LEISURE - LEICESTER - 0116 282 8800

**EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012**

David Lloyd FITNESS

## FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:35 - 07:30 | Circuits | Hec | Studio 1 | |
| 10:00 - 10:45 | Group Cycling | Hec | Cycling Area | |
| 10:00 - 10:55 | Body Combat | Hec | Studio 1 | |
| 11:00 - 11:55 | Pilates | Hol | Studio 1 | |
| 12:00 - 12:45 | Aqua | Scc | Main Pool | |
| 17:30 - 18:25 | Circuits | Hec | Studio 1 | |
| 18:00 - 18:45 | Group Cycling | Hec | Cycling Area | |
| 18:30 - 20:00 | Yoga | Hol | Studio 1 | |

## SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:00 - 09:45 | Zone Cycling | Hec | Cycling Area | |
| 10:05 - 11:00 | Circuits | Hec | Studio 1 | |
| 11:00 - 11:55 | Body Pump | Scc | Studio 1 | |
| 11:15 - 12:00 | Group Cycling | Hec | Cycling Area | |
| 11:15 - 12:45 | Yoga Beginners | Hol | Studio 2 | |
| 12:15 - 13:00 | Zumba | Dan | Studio 1 | |
| 13:00 - 14:30 | Capoeira | Otc | Studio 1 | |
| 13:15 - 14:00 | Water Works | Otc | Main Pool | |
| 14:00 - 16:00 | Lose & Shape Up | Otc | Studio 2 - Part A | £ |

## SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:15 - 10:00 | Body Pump Express | Scc | Studio 1 | |
| 09:15 - 10:00 | Group Cycling | Hec | Cycling Area | |
| 10:00 - 10:55 | Body Combat | Hec | Studio 1 | |
| 11:00 - 11:55 | Group Cycling | Hec | Cycling Area | |
| 11:00 - 12:30 | Yoga | Hol | 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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK