# DAVID LLOYD LEISURE - LEICESTER NARBOROUGH - 0116 272 7810

## EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:35 - 07:20 | Circuits | Hec | Studio 1 | |
| 09:35 - 10:30 | Body Step | Hec | Studio 1 | |
| 10:30 - 11:15 | Group Cycling | Hec | Studio 2 | |
| 10:30 - 12:00 | Yoga | Hol | Studio 1 | |
| 12:30 - 13:00 | Body Pump Express | Scc | Studio 1 | |
| 17:30 - 18:30 | Body Attack | Hec | Studio 1 | |
| 17:45 - 18:25 | Group Cycling | Hec | Studio 2 | |
| 18:30 - 19:15 | Group Cycling | Hec | Studio 2 | |
| 18:30 - 19:30 | Body Pump | Scc | Studio 1 | |
| 19:00 - 19:30 | Lose & Shape Up Course | Otc | Gym | |
| 19:30 - 20:30 | Body Combat | Hec | Studio 1 | |
| 20:00 - 20:45 | Group Cycling | Hec | Studio 2 | |
| 20:30 - 21:30 | Urban Funk | Dan | Studio 1 | |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:35 - 07:20 | Group Cycling | Hec | Studio 2 | |
| 09:30 - 10:30 | Body Attack | Hec | Studio 1 | |
| 10:30 - 11:15 | Aqua | Scc | Main Pool | |
| 10:30 - 11:30 | Body Pump | Scc | Studio 1 | |
| 11:00 - 11:30 | ViPR Taster | Otc | Gym | |
| 17:30 - 18:00 | Legs, Bums and Tums | Scc | Studio 1 | |
| 18:00 - 18:30 | ViPR Taster | Otc | Gym | |
| 18:00 - 18:55 | Body Step | Hec | Studio 1 | |
| 19:00 - 19:45 | Aqua | Scc | Main Pool | |
| 19:00 - 19:45 | Group Cycling | Hec | Studio 2 | |
| 19:00 - 19:55 | Boxing Circuit | Otc | Studio 1 | |
| 19:00 - 19:55 | Group Exercise Welcome | Otc | Gym | |
| 20:00 - 21:00 | Body Pump | Scc | Studio 1 | |
| 20:00 - 21:00 | Pilates | Hol | Studio 2 | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:35 - 07:20 | Body Pump | Scc | Studio 1 | |
| 09:30 - 10:30 | Body Balance | Hol | Studio 1 | |
| 10:00 - 10:30 | Beginners Group Cycling | Hec | Studio 2 | |
| 10:30 - 11:15 | Group Cycling | Hec | Studio 2 | |
| 12:30 - 13:15 | ViPR Course | Otc | Studio 2 | £ |
| 17:30 - 18:10 | Group Cycling | Hec | Studio 2 | |
| 18:00 - 19:00 | Body Balance | Hol | Studio 1 | |
| 18:15 - 18:55 | Group Cycling | Hec | Studio 2 | |
| 19:00 - 19:30 | Beginners Group Cycling | Hec | Studio 2 | |
| 19:00 - 20:00 | Body Pump | Scc | Studio 1 | |
| 19:00 - 20:00 | JUKARI Fit to Flex | Otc | Conf Rm | |
| 20:00 - 21:00 | Body Combat | Hec | Studio 1 | |
| 20:00 - 21:30 | Yoga | Hol | Studio 1 | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:35 - 07:20 | Group Cycling | Hec | Studio 2 | |
| 09:30 - 10:30 | Body Pump | Scc | Studio 1 | |
| 10:45 - 11:30 | Group Cycling | Hec | Studio 2 | |
| 11:00 - 11:55 | Group Exercise Welcome | Otc | Gym | |
| 11:00 - 12:30 | Yoga | Hol | Studio 1 | |
| 17:30 - 18:30 | Pilates | Hol | Studio 1 | |
| 18:30 - 19:15 | Aqua | Scc | Main Pool | |
| 18:30 - 19:15 | Group Cycling | Hec | Studio 2 | |
| 19:00 - 19:30 | Power Plate | Scc | Gym | £ |
| 19:30 - 20:00 | Beginners Group Cycling | Hec | Studio 2 | |
| 19:30 - 20:30 | Body Jam | Dan | Studio 1 | |
| 20:30 - 21:30 | Body Balance | Hol | Studio 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

LIFE. Be fit for it
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## EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:35 - 07:20 | Group Cycling | Hec | Studio 2 | |
| 09:30 - 10:15 | JUKARI Fit to Flex | Otc | Studio 2 | |
| 10:00 - 10:55 | Body Step | Hec | Studio 1 | |
| 11:00 - 12:00 | Body Balance | Hol | Studio 1 | |
| 12:30 - 13:00 | Body Pump Express | Scc | Studio 1 | |
| 17:45 - 18:45 | Body Combat | Hec | Studio 2 | |
| 18:30 - 19:15 | Group Cycling | Hec | Studio 2 | |
| 19:00 - 19:30 | Lose & Shape Up Course | Otc | Gym | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 08:00 - 08:45 | Group Cycling | Hec | Studio 2 | |
| 09:00 - 09:45 | Group Cycling | Hec | Studio 2 | |
| 09:00 - 10:00 | Body Pump | Scc | Studio 1 | |
| 10:00 - 11:00 | Body Pump | Scc | Studio 1 | |
| 11:00 - 12:00 | Body Jam | Dan | Studio 1 | |
| 12:00 - 13:00 | Pilates | Hol | Studio 1 | |

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:00 - 10:45 | Group Cycling | Hec | Studio 2 | |
| 10:00 - 11:00 | Body Pump | Scc | Studio 1 | |
| 11:00 - 11:45 | Group Cycling | Hec | Studio 2 | |
| 11:00 - 12:00 | Body Combat | Hec | Studio 1 | |
| 15:30 - 16:45 | Yoga Beginners | Hol | Studio 1 | |
| 17:00 - 18:30 | 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.

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